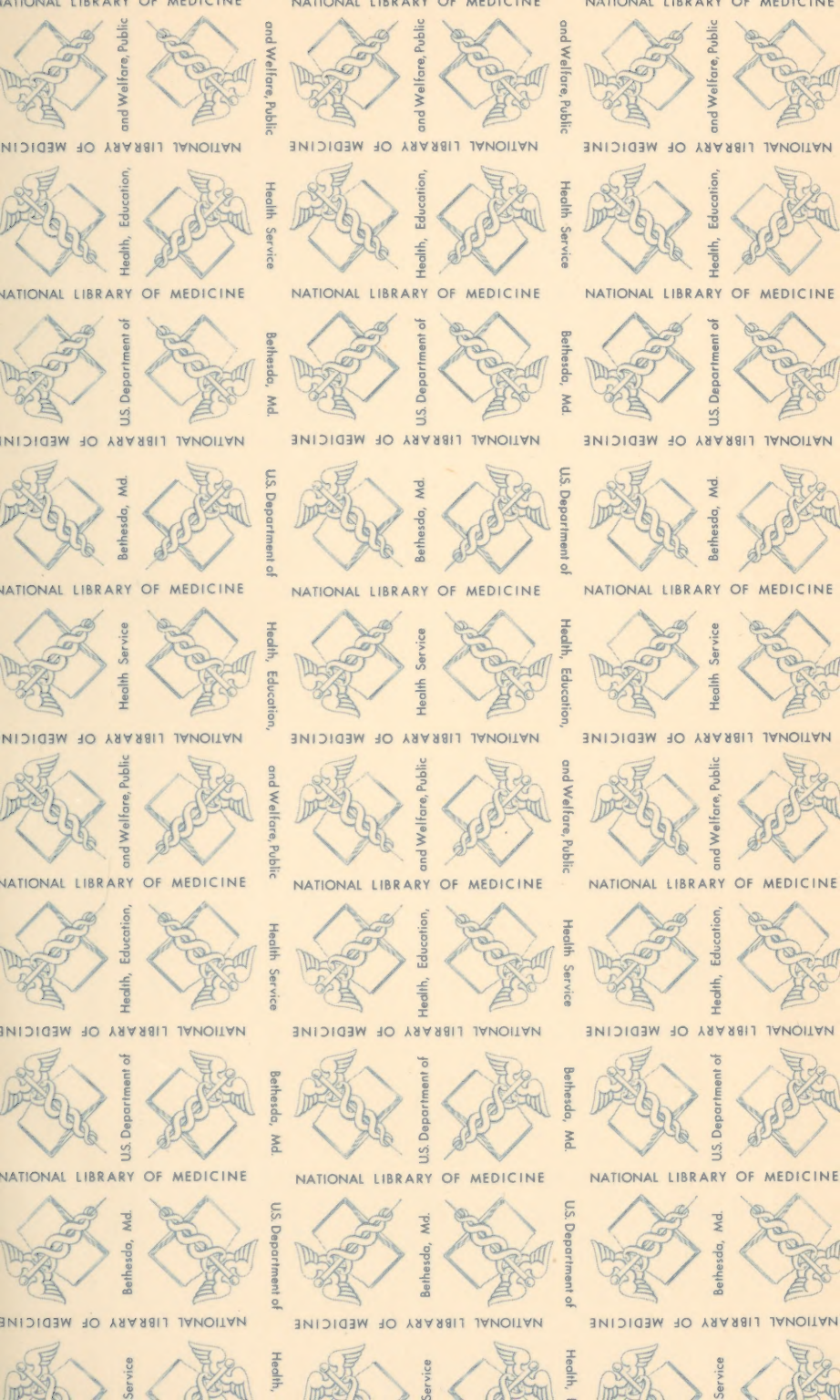
NATIONAL LIBRARY OF MEDICINE

NLM 00102253 8


NATIONAL LIBRARY OF MEDICINE
Health, Education, and Welfare, Public Health Service
U.S. Department of Bethesda, Md.

A CENTURY

OF

LIFE, HEALTH

AND

HAPPINESS,

OR

A GOLD MINE OF INFORMATION,

FCR One Dollar and Fifty Cents.

A CYCLOPEDIA OF MEDICAL INFORMATION FOR HOME LIFE, HEALTH, AND DOMESTIC ECONOMY,

BY

C. L. BLOOD, M.D.,

Physician for Diseases of the Head, Throat, Lungs, and of the Liver and Kidneys.

LIBRARY
SURGEON GENERAL'S OFFICE
JAN -9 1900
167871

PUBLISHED BY THE AUTHOR,
38 WEST THIRTIETH STREET, NEW YORK.

A FIVE DOLLAR BOOK FOR One Dollar and Fifty Cents.

Annex
WBA
B655c
1880
Film 8447, item 2

PREFACE.

To place this book within the reach of every man, woman and child, I have fixed the price at **One Dollar and Fifty Cents.** The reader will observe that in size, binding, quality of paper and finish, it is in *every respect* such a book as publishers usually place at *three dollars.* The formulas in the book treat of *every known valuable preparation,* and *they alone* are worth a *hundred times* the price of the volume. *No man or woman, married or single, can afford to be without these formulas.*

If the perusal of the following pages *helps to save one human being from imposition, pain, sickness, disgrace, or death,* the undersigned will be richly rewarded for his labors.

C. L. BLOOD, M. D.,

38 West Thirtieth Street,

New York City.

August 1st, 1880.

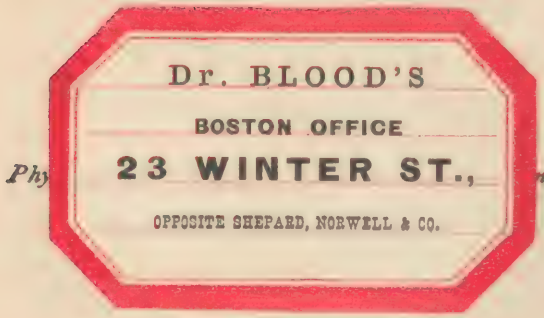
Death in Baking Powder.

IN CONSEQUENCE of the *thousands dead.* In consequence of the thousands suffering from dyspepsia and disorganization of the liver and kidneys. In consequence of the many paralytics and physical and mental wrecks through the use of vile adulterations called "Baking Powder;" and in consideration of the good health of the living, I have prepared a *chemically pure Baking Powder*, which is superior to any known preparation for baking purposes, and is free from adulteration or deleterious compounds. It is put up in half pound and pound packages and sold for 22 cents a half pound, or 40 cents a pound. Ask your grocer to furnish you with DR. BLOOD'S BAKING POWDER ONLY. I can send this powder by mail to any address. I have placed the price of my preparation so low that the margin of profit to the grocer will be so much smaller than that made upon other preparations for baking, that he may advise you to purchase an inferior article. If the grocer does advise the use of other baking powders it is because of the small profit received upon the sale of mine; and to overcome any obstacles *I will send my preparation, postage paid, upon receipt of the price.*

Copyrighted by Dr. C. L. BLOOD,
1880.

Office of

Dr. C. L. BLOOD,



Dr. BLOOD would respectfully inform his readers that he will prepare any of the chemical or medical formulas contained in this book, and forward them to any address, for a slight advance upon their cost. His facilities for compounding them cheaply and in the most reliable manner, are unsurpassed.

AGENTS,

Either Ladies or Gentlemen, are wanted to canvass for this book.

From $6 *to* $12 *per day can be made.*

3375K

Introductory.

IN this age, when men and women assert and claim their "right to reason" and investigate all things pertaining to their well-being, their moral, mental, and physical welfare, all efforts to enlighten the public mind should meet with general approbation. It does not follow, however, that these efforts must be approved only as they become the incitements to mental activity in others, whereby truth and error, good and evil, may be distinguished as they pass through the fiery ordeal of criticism. The revelations of modern science have given an impetus to the public mind unexampled in the past, in carrying on its investigations, by sifting truth from error. Every department of life has been acted upon—travel, commerce, social intercourse, international law, popular education—have all been carried forward toward a more complete development. The arts of living have been simplified, the luxuries of all classes multiplied, and the facilities afforded in every way for increasing popular knowledge augmented in an untold ratio. Men and women ask, of what use are theories, schools or doxies if they fail in practice. Life is a practical matter, not a theoretical speculation; it is personal, with active duties, no part of

which can be delegated to others without loss; individuality accepts responsibility. If men and women would grow in wisdom they must think, else the flowery plains of existence become as arid wastes.

Health is unquestionably a matter of the first importance to every one. It is as practical and personal as life. It may be called the art of living —or you may dignify it further as the science of life. If life is valuable, therefore, if its objects are desirable, if its preservation is a thing of consequence, can there be a more important matter brought under public notice than the principles of health? Why should the popular mind be neglected on facts relating to health, and yet crammed with matters of infinitely less consequence to their interests and happiness.

The medical field presents at this moment an arena for imposition which nowhere else exists. When imposition is merely a matter that can be counted in dollars, its consequence at least may be estimated. But when it involves the health, the hopes, the lives of its victims, who shall tell us how to estimate its results? The people have hitherto been virtually shut out from participation in a knowledge of their own structure, the causes of disease, and principles of health. Physicians have thought it utterly beneath them to write to the people on matters of disease. The vast medium of ideas between man and man—the newspaper press—has hitherto been insulted by our *learned* profession—handed over bodily to the most dis-

gusting and mischievous form of advertising, and made the medium of the lowest and most degrading forms of quackery. The people, uninformed as to the nature, causes, and cure of disease, have been easily caught by vulgar assertion and names without explanation, and quackery flourishes apace, till the professional name has become almost a by-word and a reproach. Now, why is this? Let every medical man ask himself. What is the *office* of the physician? Is he not the curator of the people's health? Is he merely to theorize, to quote authorities, to write long prescriptions from books, to utter mandates in an unknown tongue, to hand over his patient to the tender mercies of the apothecaries, and then fold his arms and stand in dignified "self-respect?" We think not. There is for him a higher and nobler duty. It is his province not only to *prescribe* for, but to *instruct* his patients, and by this means alone will he guard them against the thousand deceptions by which they are surrounded. If this be true in individual cases, it is equally so when applied to the community generally.

Entertaining these views, and with full confidence that the public will properly appreciate every effort to impart to them information on so important a branch of science as physical health, I have written this book. It may help the human family to grow better and wiser.

Death by Nature.

NATURE designed that man should die as unconscious of his death as of his birth, subjected at birth to what would be, in the after conscious state, an ordeal to which the most terrible of deaths even were not possibly more severe, he sleeps through the process, and only upon the subsequent awakening feels the impression, happy or painful, of the world into which he is introduced. The perfect law is fulfilled in this instance, because the execution of it is retained by nature herself; human free-will has no influence.

By the hand of nature death were equally a painless portion. The cycle of life completed, the living being sleeps into death when nature has full sway.

This painless process, this descent by oblivious trance into oblivion, this natural physical death is the sequel of perfect health; it is divested of fear, of sorrow and of suffering. We have all seen nature, in rare instances, vindicating herself despite the opposition to her, and showing how tenderly, how soothingly, how like a mother with her foot on the cradle, she would, if she were permitted, rock us all gently out of the world; how, if the free-will with which she has armed us were brought into accord with her designs, she would give us the riches, the beauties, the wonders of the universe

for our portion, so long as we could receive and enjoy them; and at last would gently withdraw us from them, sense by sense, with such imperception that the pain of the withdrawal would be unfelt and unknown.

Without pain, anger or sorrow, the intellectual faculties of the fated man, lose their brightness; ambition ceases or sinks into desire for repose; ideas of time, of space, of duty, lingeringly pass away; to sleep and not to dream is the pressing, and step by step, still pressing need, until at length it whiles away nearly all the hours. The awakenings are short and shorter, painless, careless, happy awakenings to the hum of a busy world, to the merry sounds of children at play, to the sounds of voices offering aid, to the effort of talking on simple topics and recalling events that have dwelt longest on the memory; and then again, the overpowering sleep, thus on and on until at length the intellectual nature lost, the instinctive and merely animal functions, now no longer required to sustain the higher faculties, in their turn succumb and fall into the long repose. This is death by nature, and when mankind has learned the truth, when the time shall come—as come it will—that there "shall be no more an infant of days, nor an old man who has not filled his days," this act of death, now as a rule, so dreaded because so premature, shall, arriving only at its appointed hour, suggest no terror and inflict no pain.

Sunlight.

SUNLIGHT is absolutely necessary for physical development and for the preservation of bodily and mental health. Women and children as well as men, in order to be healthy and well-developed, should spend a portion of their time each day, where the solar rays can reach them directly; just as sprouts in dark cellars seek the light and are colorless till they come under its influence, and as vegetation goes on, but imperfectly in places where sunlight does not freely enter, so the cheeks of children and adults, who live almost entirely in dark kitchens, dingy alleys, and badly lighted workshops, are pale and feeble. Houses are only fit to be occupied at night unless they are purified by the solar rays during the day.

Women and children in huts and log cabins, which contain only one or two rooms, remain healthy, but after the settler has built a house, and furnished it with blinds and curtains, the women and children become pale and sickly, nervous and bloodless, and the daughters begin to die from consumption, and the wives from the same or from diseases peculiar to women. At the same time the adult males, who live chiefly out-of-doors, continue healthy.

The value of sunlight for animal development, may be illustrated by such facts as the following: On decaying organic solutions, animalcules do not appear if light is excluded, but are readily organized when it is admitted. The tadpole, kept in the

dark, does not pass on to development as a frog, but lives and dies a tadpole, and is incapable of propagating his species.

Rickets or deformities, crookedness and enlargment of the bones, are very common among children who are kept in dark alleys, cellars, factories and mines. Except in severe inflammatory diseases of the eyes or brain, the very common practice of darkening the sick room, is a highly prejudicial one. The restorative influence of daylight is thus excluded, and also the grateful and natural succession of light and darkness, the two always making up the same period of twenty-four hours, which favors sleep at the appropriate time, and divests the period of sickness of the monotony and weariness of perpetual night.

Bathing.

EVERY healthy person should bathe or sponge the whole body once a day with cold water. Merely washing the exposed parts of the skin is not sufficient, the entire surface of the body requires the application of water and soap for the purpose of cleanliness, and as a means of invigorating the capillary circulation and so fortifying the system as to enable it to resist atmospheric vicissitudes. The cold sponge-bath may be adopted with safety by almost any person, the shock not being too great, and good friction rapidly causes agreeable warmth. The best period

for a cold bath is upon rising in the morning. If the weather and the water be very cold the bath should be taken in a warm room.

Nursing.

INTELLIGENT, careful nursing forms a part of the treatment of the sick quite as essential as the administration of medicine. The sick room should be large and well ventilated. An uninterrupted current of fresh air should be allowed to enter, to drive out that which is tainted. A fire is generally advisable to assist ventilation. During infectious diseases perfumed carbolic acid should be sprinkled about the room several times a day as a disinfectant. To the same end, the room should be divested of all furniture, carpets, shades, &c., that are not absolutely necessary for use. The room should be provided with a second bed or couch, to which the patient should be removed for a short time each day to allow a change of atmosphere around the patient's body, and the bed to be properly aired. The temperature of the room should be ascertained by a thermometer. The temperature may be varied according to the disease from which a patient suffers. In fevers, inflammation of the brain, &c., about 55° will be the proper warmth. In inflammation of the lungs, a higher temperature is necessary—60° to 68°. In all inflammatory affections of the chest the air should be

warm and moist so as not to irritate the inflamed surfaces of the air passages.

Patients suffering from infectious diseases should be separated if possible, and occupy rooms in the top of the house to prevent the spread of the infection to others; infection being lighter than air it ascends.

BEVERAGES.—In most cases of illness, especially at the commencement, cold water, barley water, gum water, raspberry-vinegar and water, apple water, toast and water, lemonade or soda water are nearly all that are necessary. Sucking ice is useful and grateful.

Food, drink and delicacies intended for the patient should not be kept in the sick room, or within sight of the patient. The air and temperature are liable to hasten putrefactive decomposition, and the sight of them sometimes causes disgust.

To Epicures and Eaters of Dead Bodies Generally.

A SICKENING disgust pervades my whole being when I observe a person claiming refinement and intelligence pursuing the barbarous habit of eating rare or improperly cooked meat. Nearly all the cattle, sheep, hogs and fowls consumed in cities are brought hundreds of miles closely packed together like sardines in a box, and

are for days without food or water. These long journeys without rest or nourishment induce fever and debility, and their blood is full of virulence and poison. In this condition they are slaughtered; their dead bodies cut up in pieces and sold as food to a people who are so uncivilized as to eat it raw. Birds and game of all kinds are kept for days after death with their feathers on, and in many cases their entrails not removed, before they are regarded as proper food by the so called epicure. When dressed and ready for cooking, the dead body is in a rapid stage of decomposition, and it furnishes a feast of carrion to the human vulture, who feels a pride in being called "a man with epicurean tastes." Even the savage cannibal is more refined and civilized in his cravings for dead flesh than our modern epicure. The uncivilized cannibal eats the human body while it is warm and fresh, while the so called civilized epicure eats his flesh while it is festering and rotting with a slimy, sickening vapor surrounding it.

> How these meatories and markets smell
> Like grave-yard vault and pest house cell.

A dead body is a dead body, whether it be man or animal, if a dead body is to become an article of food for the human being, decency and a common respect for the diseases that the dead body contains demand that it be thoroughly cooked. Poisons and disease in meat cannot stand a high temperature of heat. If, therefore, we must eat flesh, let the heat, necessary to proper cooking, render it harmless as an article of food.

When man shall have outgrown more of his animal nature, and his intelligence shall become more refined, he will shrink from rare or uncooked flesh as he would from a feast upon a slimy and diseased human body.

As an element of food, I should prefer a well cooked rump from a well fed Dutchman to a rare tenderloin from the average cow.

The Skin.

THE natural skin in its purity is a beautiful piece of lace-work, through the pores of which is continually escaping an oily secretion and an insensible perspiration. Where torpidity of the skin exists, the nose, forehead and soft parts of the face becomes filled with flesh worms or matterated pimples; these black-headed worms can be pressed out with the fingers, after which, a wash of salt and water will help to close up the cavities from which these living worms are excavated. The microscope shows these worms to be alive; they certainly give their victims an exceedingly disagreeable appearance. The inactivity of the skin, which allows these filthy worms to find lodgement therein is caused by torpidity of liver, constipation and indigestion, and to remove this condition, the cause must be removed, this can generally be accomplished with the following:

Strychnia	1 grain.
Quinine	1 scruple.
Leptandrin	1 drachm.
Hydrastin	15 grains.

Carbolic soap dipped in water and rubbed over the matterated pimples, will generally dry them up.

Brown Spots, Freckles and Moth Patches.

These can usually be removed with the following mentioned preparation, applied twice a day, allowing it to remain on the face forty minutes and then to be washed off with cold water :

Sulpho-Carbolate of Zinc	1 ounce.
Glycerine	12 ounces.
Rose Water	12 ounces.
Alcohol	3 ounces.

A painted and powdered woman is anything but lovely, and if the person accustomed to such folly knew how offensive it was to most gentlemen, and the injury it produced upon the skin, it appears to me they would throw powder and paint to the jackasses. To possess a healthy skin and a fair complexion, you must have a healthy liver, kidneys and digestion, if these organs are in an unhealthy condition, all the external applications in the world would be of very little service. If the reader has an unpresentable skin, it would be well for him or her to write me fully in regard to his or her physical condition, giving age, occupation, habits, &c., &c. If desired, I can prescribe such treatment as would remove the trouble.

Humid Tetter—Eczema.

An eruption of minute and round pimples, about the size of a pin's head, filled with a colorless fluid, and terminating in scurf. It is generally a symptom of a feverish state, is preceded by languor, faintness, perspiration, and a pricking and tingling of the skin.

Another species of this disease is called sun heat, which is an eruption of vesicles without any redness, of a white or brownish color. These vesicles usually terminate in brown or yellow scabs.

In still another species the eruption is attended with pain, heat, itching, smarting and swelling of the affected part. The skin is sometimes covered with a crust.

Mattery Pimples.

Another order of skin diseases are distinguished by an eruption of pimples, filled, not with water, like those just described, but with matter. These pimples are yellow from the first; the matter is poured out upon the skin, and in drying up forms crusts.

Scaly Eruptions.

The scaly eruption is called dry tetter. It is an inflammation of the true skin, and is distinguished from the rashes and pimples by the alteration of the scarf-skin.

Dry Pimples.

These are distinguished by the irritation of the skin. They are exceedingly troublesome, not only from the distress and itching they occasion, but

because they are likely, in consequence of this, to be torn into painful and obstinate sores. In this form of pimples the fluid is not poured out upon the surface of the skin, but is collected within the tissue of this organ, and the pimples feel hard to the touch.

Lupus.

This makes its appearance in the form of one or more circular elevations, of a dull red or salmon-color, and partially transparent. When pressed under the finger these elevations are found to be soft, and when the finger is removed they are flat and whitened. They generally appear upon the face and nose.

In another and worse form of the disease the tubercles are harder; and after a time they become covered with thin brown scabs, which are scratched off, and followed by others, and these by others, until ulcers appear, which are sometimes slow and sometimes rapid in their progress. The whole nose has been destroyed by them in three weeks.

Tubercular Eruptions.

In another variety of skin disease broad, red, copper-colored tubercles, or hard elevations, appear most commonly about the side of the nose, or on the cheeks. Gradually they separate, and are succeeded by deep ulcers, terminating in scars. This is an unfavorable form of the disease, and usually appears some time after the primary symptoms, in persons whose constitutions have been shattered.

Some of the worst forms are found upon the mucous membrane of the throat and mouth. These correspond in number and kind with the affections of the skin. They affect the lips, the internal sides of the cheeks, the tongue and tonsils, the soft palate, the nasal cavities, etc. They are terribly destructive in their effects, forming gaping ulcers, and eating deeply into the parts. They often make shocking work in the whole mouth and throat; and, when attended with considerable inflammation, make it almost impossible to swallow anything, or even to open the mouth. We have often seen the whole palatine arch eaten out. Persons have often died from starvation, not being able to swallow. The ulcers sometimes take hold of the tonsils, and dig them out as if it were done with a punch. The disorder having, by frightful ulcers, run riot upon the delicate structures of the skin, and mucous membranes, advances boldly onward, attacking the muscles, the tendons, the hard coverings of the bones, and the solid bones themselves. No part of the human frame—not even the skeleton—can escape this devouring complaint. The bones of the nose and face are generally the first to be attacked. These perish slowly, falling away piece by piece, the nose in the meantime sinking down nearer to a level with the cheeks. From these parts the disease may spread to the bones of the whole system.

These diseases should receive treatment in their early stages. If taken in time we rarely fail to cure.

Man Mostly Water.

ANIMALS are made up mostly of water. A man weighing 160 lbs., contains 120 lbs. of water, and only 40 lbs. of dry material. From his lungs and skin, water is constantly evaporating, 3½ pounds of water are thus evaporated daily. If the air around him was dry his skin would become shrivelled and parched; fever and thirst would constantly oppress him.

The air breathed from the lungs is loaded with moisture, and if that which is breathed in were entirely free from watery vapor, man would soon breathe out the fluid which fill up his tissues and he would dry up into a ghastly mummy.

Vermin on the Body or Head.

FOR the removal of vermin on any part of the body, wash with carbolic soap. If the soap is not strong enough for their removal, put a teaspoonful of carbolic acid into a glass of water and wash the parts infested by them.

The above will remove head lice, body lice, and crabs.

Ice.

ICE is a most valuable therapeutic agent; is used both externally and internally. It will check hemorrhage, reduce or moderate inflammation, and soothe uneasy sensations of febrile and other disorders.

For inflammation of the brain, and in the headache of the early stages of acute fever, it should be applied in a bladder or rubber bag in the shape of a cap, fitted to the head. To relieve severe pain of the stomach or bowels, a bag containing small pieces should be laid over the part afflicted. In sore throat, scarlatina, fever, diphtheria, the ice relieves pain and arrests inflammation.

To arrest bleeding from the mouth, throat, or nostrils, ice should be applied directly to the bleeding vessels. When blood comes from the lungs or stomach, ice should be swallowed in small pieces. In hemorrhage from the uterus, ice should be swallowed freely. At the same time a piece should be inserted high up in the vagina. In bleeding piles, a piece of ice may be pushed up the rectum. Ice should not be used where there is feeble pulse, in old age, apoplexy, coma, or in advanced stages of disease.

The Pulse.

THE pulse of a healthy adult male person should be moderately full, even, and should number from seventy to seventy-five beats in the minute. The pulse of a healthy adult female should number from eighty to eighty-five beats in the minute. The pulse of a child from the time of teething to seven or eight years, should be from eighty-five to ninety beats in the minute. A child's

pulse before teething varies according to its vitality, health, &c., but should be from one hundred to one hundred and twenty beats in the minute. The healthy pulse in man's old age varies from fifty-five to sixty-eight. The female from sixty-five to seventy beats per minute. All above seventy-five beats in middle life indicates excitement of the heart, which is exhausting the vital forces. The more rapid any machinery runs the quicker it wears out. A pulse above seventy-five indicates fever; if at ninety or hundred, a high fever. The pulse of a consumptive is invariably fast, generally over ninety, and increases until dissolution takes place. If the pulse is simply fast, it is fever; if it is fast and strong, it is inflammation, and there is danger.

Light and Digestion.

THE relationship between the sun and digestion are very intimate. Digestion and assimilation become imperfect and weak if man is not exposed to the rays of the sun every day. No plant or animal can digest in the dark. Plant a potatoe in the cellar, and if there is a little light the potatoe will send fourth a pale, tender sprout. Shut out that ray of light and it falls lifeless; it cannot digest and grow in darkness. Let in a strong ray of light, and behold how the poor, hungry vine will stretch itself out toward it.

Digestion and assimilation cannot properly go on without sunshine. In this connection, I would earnestly advise my readers to furnish, paper and paint their dining and sleeping rooms in light colors. At this writing, dark furniture, dark carpets, dark paper upon the walls, dark wood finish is all the fashion. There is a richness and grandeur I admit in this style of furnishing, but such houses are living tombs. After the eyes become accustomed to this darkness a gloom settles over the mind, and I believe a person residing in such a house would not live out half his days. I followed this fashion myself, and in less than six months a settled melancholy took possession of me. I made an auction, and at once went into light, cheerful rooms. Immediately this gloom departed, and the sun and the dear faces of my family looked as bright and cheerful as ever to me.

Clear out your dark furniture, tear down the dark paper, and in their places put that which is cheerful for the eye to dwell upon.

The only peaches that take on those beautiful red cheeks, the only grapes that become perfectly ripe and sweet, are those that hang upon the outside of the trees, uncovered by the leaves and exposed to the sun. As it is with the peaches and the grapes, so it is with man. Sunshine is what his nature demands. Without it he droops and dies.

Disease from Foods.

SUBSTANCES taken as food may be the carriers of poison's products; thus water may be the carrier of the organic poisons of the spreading diseases, or of lead and other inorganic poisons, or substances which are poisonous may be taken in mistake for innocuous, edible articles, as when the poisonous mushroom is mistaken for the edible, or substances which, under ordinary circumstances, rank as true foods, may, either by changes within themselves or by misapplication, induce disease.

Eruptive Disease.

Now and then we see an acute eruptive disease called Nettle Rash, accidentally induced by food. The disease is a passing fever, attended with an eruption on the skin, resembling closely the eruption produced by the sting of the nettle, with swelling of the eyelids and sometimes with swelling of the throat, as a rule, this disease is of a few days' duration and of trifling moment, but I have known it to terminate fatally from the extension of the inflammation into the throat and windpipe. The foods which induce this disease are limited; some kinds of fish, such as mullet and anchovy induce it, mussels induce it, pork induces it.

Septinous Disease.

There is a disgusting practice carried out by some epicures, namely eating of decomposed ani-

mal food, game allowed to become what is called high, and venison allowed to become rotten, are viands which minister to acquired depraved tastes. As a rule such foods do no serious harm to the body that receives them. In that wonderful alembic, the stomach, not half of the functions of which are yet discovered, the putrid matter is rendered innocuous though it would be actively poisonous were it inserted into a wound or injected into a vein. This power of the stomach, for digesting poisonous animal substances, has long been recognized. The large majority of those who eat putrid flesh are protected by the same defensive action of the stomach; their breath is tainted by the odor of the products of decomposition for some hours, and then the disagreeable results of this barbarous feasting is over. There is, nevertheless, one possible source of danger from indulgence in the supposed luxury of eating decomposed food; it is occasionally the fact that the eater has a sore abrasion or wound of the mucous tact between the lips and the stomach. The food coming into contact with this surface, and lying in contact with it, yields up its poisonous matter direct to the blood and kills by the process of septinous poisoning.

Parasitic Disease.

It has been discovered during the past few years, that certain marked diseases, presumed in former times to be derived from occult sources, have in fact their origin from animal foods. I allude now to a class of diseases arising from the presence

within the body of microscopic germs or parasites. The parasites giving rise to the maladies in question are numerous, and as yet are not all discovered. Of these parasites I will speak in another place.

Functional Nervous Derangements.

Some functional nervous derangements are excited by fluids commonly consumed with or as foods. Tea taken in excess is one of these disturbing elements. Tea exerts an astringent action, and by the presence in it of an organic substance, *Theine*, it exercises a special influence over the nervous system, which to say the least, is temporarily injurious. The symptoms which indicate the injurious action of tea, are sufficiently characteristic, they are intensely severe head-aches, constipation of the bowels, flatulency, an unsteadiness and feebleness of muscular power, not unfrequently a lowness of spirits, amounting to hypochondriacal despondency. Among the poorer classes, the women who take tea at every meal, this extremely nervous semi-hysterical condition from the action of tea, is almost universal. The flatulency induced by tea taken late in the evening has the effect of interfering with the process of sleep; it prevents or disturbs sleep by dreams and muscular startings, and is a common cause of that painful symptom known as nightmare.

Coffee, though less injurious than tea, is even in slight excess, a source of derangement of nervous action, its effect is to relax the minute vascular network and increase glandular secretion. For this

reason it acts on most persons as a diuretic, while on some it acts as a purgative. Coffee, like tea, induces dyspepsia, and, perhaps, with even more activity than tea, it keeps the brain awake when that wearied organ ought, according to nature, to be asleep; it is, nevertheless, a better beverage than tea, for the reason that it is not an astringent, does not, like tea, suppress the secretion of the kidney, and does not lead to mental depression and nervous irritability.

Acidity from Food.

Foods which are unduly acid or which are passing through fermentative stages, often become a source of mischief by causing excess of acid in the alimentary canal and absorption of acid from the alimentary surface into the tissues. Too free indulgence in lemonades and other waters artificially acidified, lead to harm, as does indulgence in new bread, preserved fruits, unripe cheese and almost all sweetmeats. The phenomena of disorders produced by these substances are flatulency and distension of the stomach, with the other usual symptoms of indigestion; these are followed by deranged secretions, by excess of acid secretion from the skin, and frequently by aches and pains called vaguely rheumatic, neuralgic or gouty, and partaking truly of these characters of pain according to the proclivities of the individual who suffers from them.

Disease from Errors of Dress.

THE worst mechanical errors in clothing are those which affect the chest and body. The tight band round the waist, and the tightly laced corset still play too important a part, and interfere with the free and healthy movements of young girls and women. The effects of the pressure is equally injurious to the organs of digestion, respiration, and circulation. The liver and stomach compressed, the digestive functions are impeded, and a distaste for solid food, with an inability to digest food, and with symptoms of pain and flatulency after eating, are the common proofs of the injury that is being inflicted. The great breathing muscle, the diaphragm, which separates the chest from the abdomen, and which by its descent, in contraction, causes the chest to fill with air, is impeded in its motion, and is, therefore, unable to sustain a free respiration. The large veins from the lower part of the body which pour their blood into the right side of the heart are compressed, and in the worst instances the heart itself and the lungs themselves are actually subjected to restraint. By these means the organs of the circulation, not less than the organs of respiration and digestion, are disturbed, to the detriment of the whole of the body, which depends on these organs for its nervous power, its muscular force, and its nutrition in every part. The effects of mechanical pressure of the kind described are not confined to the periods of time at which the pressure is ap-

plied. They extend to after life, and, when long continued, produce an imperfect build of the chest and of the trunk of the body, which is never lost. Women thus deformed, when it is their turn to become mothers, pay a penalty of suffering which would have been spared them if their bodies had developed into the healthy and beautiful form devised by the hand of nature.

From Uncleanliness of Dress.

Uncleanliness of attire leads to disease, or more correctly speaking, creates conditions favorable to the invasion of disease. Clothing worn too long a time becomes saturated with the excretions and exhalations from the body, and, by preventing the free transportation from the surface of the skin, induces oppression of the physical powers and mental inactivity. Health will not be clothed in dirty raiment. They who wear such raiment suffer from trains of minor complaints; from oppression, dullness, headache, nausea, which, though trifling in themselves, taken one by one, when put together greatly reduce that standard of perfect health by which the value of life is correctly and effectively maintained.

Unclean clothing is sometimes a direct means of conveyance of disease. The unclean fabric becomes saturated with poisonous substances, with the fumes of tobacco for instance, and holds its wearer in a persistent atmosphere charged with unwholesome vapor. Still more seriously it becomes the medium of the poisons of the spreading

diseases. I have known scarlet fever to be carried by the clothing of a nurse into a healthy family, and the disease communicated to every member. I have known yellow fever, small pox and cholera to be communicated by the clothes of the affected person to the women washing the clothes, and to persons who breathed the atmosphere in which the clothes were retained. Thus the uncleanly garments on the bodies of the unclean, the work rooms of the makers of garments, the very laundries in which cleanliness is sought, are all liable to become sources of those scourges, which, "still as the breeze, but dreadful as the storm," baffle yet our finest art, and imprint on our fair country the fields of pestilence which blacken as with national mourning the map of the geographer of disease.

Influence of the Passions in Inducing Disease.

THE passions which act most severely on the physical life, are anger, fear, hatred and grief. The other passions are comparatively innocuous. What is called the passion of love is not injurious until it lapses into grief and anxiety; on the contrary, it sustains the physical power. What is called ambition is of itself harmless; for ambition, when it exists purely, is a nobility lifting its owner entirely from himself into the

exalted service of mankind. It injures when it is debased by its meaner ally, pride; or when, stimulating a man to too strenuous efforts after some great object, it leads him to the performance of excessive mental or physical labor, and to the consequences that follow such efforts.

Effects of Anger.

Of the passions most detrimental to life, anger stands first. He is a man very rich indeed in physical power who can afford to be angry. The richest cannot afford it many times without ensuring a penalty that is always severe. What is still worse of this passion is, that the very disease it engenders feeds it, so that if the impulse go many times unchecked it becomes the master of the man. The effects of passion are brought out entirely through disturbance in the organic nervous chain. We say a man was "red" with rage, or we may say he was "white" with rage, by which terms, as by degrees of comparison, we express the extent of his fury. Physiologically, we are then speaking of the nervous condition of the minute circulation of his blood; that "red" rage means partial paralysis of minute blood vessels; that "white" rage means temporary suspension of the action of the prime mover of the circulation itself. But such disturbances cannot often be produced without the occurrence of permanent organic evils of the vital organs, especially of the heart and of the brain. The effects of anger upon the brain is to produce first a paralysis, and afterwards, during reaction, a con-

gestion of the vessels of that organ; for, if life continues, reactive congestion follows paralysis as certainly as day follows night. Thus, in men who give way to violent rage there comes on during the acute period, what to them is merely a faintness, which, after a time of apparent recovery, is followed by a slight confusion, a giddiness, a weight in the head, a sense of oppression, and a return to equilibrium. Many die in one or other of the two stages I have named. They die in the moment of white rage, when the cerebral vessels and heart are paralyzed; or they die more slowly when the rage has passed, and the congestion of reaction has led to engorgement of the vessels of the brain. Then the engorgement has caused stoppage of the circulation there, or a vessel has given way, or serous fluid has exuded, producing pressure, and we report that the death was from apoplexy following upon excitement.

Effects of Hatred.

Hatred, when it is greatly intensified, acts much like anger in the effects it produces. The phenomena differ in that they are less suddenly developed and more closely concealed. They very rarely in fact come under the cognizance of the physician unmixed with other phenomena. They are made up of the symptoms of suppressed anger with morose determination. They keep the sufferer from rest. He is led to neglect the necessities of his own existence; he is rendered feverish and feeble; and at last he either sinks into chronic

despondency and irritability, or rushes hastily to the performance of some act which indicates disordered mind.

Effects of Fear.

The effects of fear are all but identical with those of rage, and like rage, grow in force with repetition. The phenomena are so easily developed in the majority of persons by listening to the mere narratives of events which act as causes of fear.

The organs upon which fear exerts its injurious influence are, again, the organic nervous chain, the heart and the brain. The effect of fear on the brain may be to the extent of that which is produced by extremity of rage, so that even sudden death from syncope may ensue.

Effects of Grief.

The effects of grief varies somewhat according to the suddenness or slowness with which it is expressed. Sudden grief tells chiefly upon the heart, leading to irregular action, and to various changes in the extreme parts of the circulation incidental to such irregularity. From the irregularity of the circulation of the blood induced by prolonged grief, varied central phenomena in the nervous matter follow, and in persons who have passed middle life these phenomena are usually permanent, if not progressive. They consist of organic feebleness, extending to all the active organs of the body, and affecting, specially, the mental organism.

A constant desire for rest, for avoidance of cares, for seclusion, mask this stage of disease, if so it may be called.

The Reel of the Passions.

Under some circumstances, the passions, excited in turn, injure by the combined influence of their action. In games of chance, where money is at stake, we see the play of the worst passions, in all their mischievous intensity, fear and anger, hate and grief, hope and exultation, stand forth, one after the other, keeping the trepitant heart in constant excitement and under tremulous strain, until at length its natural steadiness of motion is transferred into an unnatural irregularity, which, if it do not remain permanent, is called up by the slightest irritation. The man who sits down regularly to play, and stakes heavily on his games, never escapes the effects of organic shock.

Political excitements call forth readily, the reel of the passions with dangerous energy. A few specially constructed men, who have no passions, pass through active political excitement and, may be, take part in it without suffering injury, but the majority are injured, as they pour forth their eloquent or rude speeches, as they extol or condemn, as they cheer or hiss, as they threaten or cajole, they are taking out of themselves force they will never regain. The reel of the passions as a cause of disease of modern life, rests not with the excitements of gaming, of political strife, of war; it is stirred up by some fanatical manifestations for

the regeneration of the world, which are well meant but which, missing the mark, plant degeneration instead.

Whenever from undue excitement of any kind, the passions are permitted to overrule the reason, the result is disease; the heart empties itself into the brain, the brain is stricken. the heart is prostrate, and both are lost.

Disease from Impurity of Air.

IMPURE air, the specific cause of some diseases, is the disposing cause of many; that is to say, it is the medium by which agents and influences, giving rise to disease, are carried to and into the body. The air may be artificially, so charged as to be the bearer of any and every vaporous or gaseous poison diffusible through it. It may waft fine, solid, poisonous particles, so that they are borne into the lungs, or on to the outer surfaces of the body.

The water vapor with which it is charged, may bear soluble poisonous substances. Thus the air may become one of the most common and ready mediums of the factors of disease; but the substances, vaporous, solid or fluid, which it conveys, are practically few. The diffusion of all diffusible matters through air is so rapid and so wide-spread, and the oxidation of organic substances in it is so effective that it must be imprisoned

as well as empoisoned or deteriorated before it can exert a dangerous influence.

Impurity from Accumulation of Products of Respiration and Excretion.

If the air be surcharged with the products of respiration, even in a small degree, it becomes oppressive and injurious. It has been held, that the impregnation with so little as one per cent. of that product of respiration, carbonic acid is sufficient to produce symptoms of disease. So soon as a change of over one per cent. of this gas is introduced, painful and distressing phenomena are presented; they include frontal headache, dizziness, sense of nausea, a feeling of drowsiness and at last faintness, carried to an extreme, they would end in insensibility, convulsion, and in the extremest degree of all, in death.

When persons are for long hours, and day after day confined in this bad air, with nothing more than accidental ventilation, or change of place to relieve the influence and prevent actual danger, oppression, dull headache, impaired appetite, weakened digestion, and deranged secretion, are the results. In the healthily constituted body, these symptoms readily pass away on exposure to pure outdoor air, but they who are disposed by hereditary tendency to disease, are not so easily let off. The consumptives are especially injured, and many of the most intensely developed examples of pulmonary consumption are induced in this manner.

Persons of plethoric and of rheumatoid or gouty proclivities, are disposed to these special diseases by exposure, for long periods of time, to an air so charged with carbonic acid as to induce the symptoms to which I first alluded.

When in a confined room, a number of persons are long enclosed together, other excreted matter than the carbonic acid collects in the confined atmosphere; there is given off by the breath, a minute trace of ammonia. The action of ammonia on the body is that of an irritant, and it tends to hold the blood in a state of fluidity; it also interferes with the process of oxidation of organic matter, so that it becomes an antiseptic, and it rapidly decomposes that alotropical condition of oxygen which is called ozone.

From diseased animal bodies there may be an elimination of compounds of ammonia which are actively dangerous.

Devitalized Air.

Devitalized air finds its entrance into the human habitations. It is this air in our overcrowded cities, where there is no vegetation to revivify it, which we distinguish as something so different from the fresh country air that streams over meadow and forest; it is the breathing of this air that makes the child of the city so pale and lax and feeble, as compared with the child of the country. It is this air that gives to many of our churches and lecture halls, in which large numbers of people are herded together, such a depressing atmos-

phere. In many private houses, streams of devitalized air are nursed with the utmost care. There are dark closets in which cast-off clothing, charged with organic debris of the body, are let rest for weeks together. There are carpets in which are collected pounds of organic dust. There are dining-rooms in which the odor of the last meal is never absent from the side-board cupboards, of which the smell of decomposing fruits or cheese is always emanating. There are drawing-rooms in which the scent of decayed roses, or of the varnish from the furniture, is always present. There are kitchens in which there is the odorous indication of perpetual cooking. There are sculleries, in which the process of "washing up" seems to be in permanent action, and where the products of charge from stored bones, potato parings and other similar refuse are abiding. There are water-closets in which there is, at all times, a persistent faint ammoniacal organic odor.

The process of devitalization of the air is again effected, locally in human habitations, by the presence in it of the lower forms of life. When in the dwelling house, dogs, cats, tame mice, birds, squirrels, &c., are kept in such numbers that the odors of the animals are perceptible, when flies cover the ceiling, a mould collects on the walls, then the air teems with myriads of minute living forms, and with organic dust. Shall we wonder that people sicken and die mysteriously, when such a state of impurity is allowed to exist in our dwellings.

Impurity from Sewer Emanations.

When emanations from a sewer or cesspool, enter a house, diseases much more decided and acute than those described in the last section, are apt to be present among the inmates.

Sewer air may become the bearer of those poisons of the spreading or communicable diseases, which are volatile and easy diffusible.

Impurity from Heated Stoves.

The air of living rooms is occasionally rendered impure by the use of cast-iron stoves, in which a moderate amount of fuel yields, in combustion, a considerable degree of heat; the heat radiates from the stove freely, and the air of the room is quickly warmed throughout; the air is, however, by this means, rendered dry and singularly oppressive, as if there emanated from the cast-iron, some product which was injurious to the process of respiration.

Impurity from Damp.

Diseases of the most serious character, such as pulmonary consumption and rheumatism, are induced by air rendered impure by damp, that is to say, by the persistent saturation of air with water in a state of vapor. If you enter a house that is damp, you find the walls bedewed with moisture; cellars coated with mould and fungus; bedrooms, the windows of which are in winter often so frosted on their inner surface from condensation of the water in the air of the room, that all day they are coated with ice. Perfect health cannot long abide with the indwellers of such a house.

The Hair.

A HANDSOME head of hair is a very desirable thing to possess. A great many persons might have it but for their neglect to take proper care of the hair and scalp. A very excellent wash to keep the scalp and hair clean is a tablespoonful of hartshorn in a pint of water. This should be thoroughly rubbed into the hair and scalp, and then wash the hair with clean water. Use twice a week.

Hair Preparations.

An excellent article is made as follows:

Alcohol, ...	1 Pint.
Castor Oil, ...	2 Ounces.
Tinct. Spanish Flies, . .	2 Drachms.
Oils of Bergamot and Lavender,	10 drops each.

A Good Hair Dye.

Nitrate Silver, . .	80 Grains.
Ammonia, ...	1 Ounce.
Alcohol, ...	3 Ounces.
Water, ...	9 Ounces.

Keep this preparation well corked, and in a dark place. The hair should be washed clean and allowed to dry before applying this dye. Apply by combing the hair with a comb dipped in the preparation.

After three or four applications the hair will become black. Expose the hair to the sunlight

for twenty minutes. Then oil it with the foregoing hair mixture.

The hair and scalp should be thoroughly brushed with a coarse hair brush at least once or twice a day.

For falling out of the hair or baldness, I have a preparation that is almost an infallible preventive, which I can forward to any address by express upon receipt of one dollar, or six packages for five dollars.

The Teeth.

LESS attention is given to the teeth than there should be. Food lodged between the teeth and tartar at their roots, is an offensive sight. Food clogged in between the teeth rots, giving the breath a most intolerable fetor, and it helps to decay the teeth. The teeth should be cleaned with a stiff brush once or twice a day. A good mixture is made as follows:

Prepared Chalk, . .	6 Ounces.
Orris Root (powdered),. .	3 Ounces.
Powdered Green Myrrh, .	½ Ounce.
Oil of Cinnamon, . .	40 Drops.

The very moment a cavity is seen in a tooth a reliable dentist should be consulted.

Reader, Wash your Feet.

THE pores on the soles of the feet being much larger than on any other part of the body, give off a large amount of perspiration which mixes with the dirt and dust and forms a hard and scaly crust that is observable at some time on almost every person's feet. There is very little ventilation given to the feet while wearing tight boots, and the result is that the feet of some persons have the smell of rotten eggs. The feet should be soaked in warm water, well soaped, at least three times a week, and then the bottoms should be well scraped with a dull knife. If this course is followed you will be less liable to take cold. Your feet will be kept much warmer, and they will not offend your friends when you pay your respects to them in a warm room. The whole body of a healthy person should be sponged with cold water every morning. This cold bathing every day will toughen the body and prevent colds.

Old Age Comes Creeping on and brings with it its Cares and its Diseases.

MAN was born to die, but it is best that he should live to a ripe old age. Men at 60 and women at 50 begin to show signs of debility and decrepitude. Diseases incidental to old age at this time of life begin to manifest

themselves. Gout, gravel, rheumatism, apoplexy and paralysis arise and wreck the constitution. Now it is that any excesses committed in earlier years are found to have told upon the constitution, although this was not manifest in the full vigor of manhood. It is now we find the powers of secretion and respiration impaired, making it necessary for us to be careful of the air we breathe, the foods we eat, and the exercise we take. The more simple and natural people live the more healthy they will be and the longer will be their stay in the world. Poverty is the great disturber of repose, and painful indeed is the life of the old man or woman who is beset with it. The very idea of it should make us thrifty while young.

Old persons should take moderate exercise ; they should take frequent sponge baths in a room of equal temperature ; warmth is essential to their comfort and health, and they should never venture out in cold or damp weather without an extra wrap. Amusements are as necessary to the old as to the young, and they should be indulged as far as means and opportunity will allow. Medicines for the old should be of a warm and stimulating nature. If they cannot read, themselves, they should be read to, and talked to, and listened to, for one of the greatest pleasures of old age consists in old associations and old memories. Old persons live much on the world that has passed, and if sometimes they are bores, it should be remembered that from them this world with its pleasures and its sorrows is rapidly passing away, and that in the

circle of life, with them nearly completed, the beginning and the end approach each other, until they finally join, birth and death forming the uniting points. The process of death is the reverse of the process of development. The generative functions fail first, the animal next, the organic becomes impotent last, and death should come without a struggle.

How to Avoid Colds.

MILLIONS of tubes from the inner portions of the body open their tiny mouths at the surface, and through these channels a fluid containing the waste and impurities of the system is passing outward, and is forced out upon the skin. Under the influence of increased natural or artificial heat, this secretion is more profuse, and is known as sweat or perspiration. This fluid must have exit or we die in a few hours. If the external surface of the body does not give it vent, it must have some internal outlet. Heat distends the mouths of these ducts and promotes a more increased flow of the contained fluid; on the other hand, cold contracts them, and the fluid is dammed up and rebounds. If these mouths are gradually closed, nature has time to adapt herself to the circumstances by opening other channels into the water courses of the body, and no serious results follow. The danger from closing the pores of the skin varies according to the direction the shock

takes. This is always to the weakest part. In children it generally goes to the throat, and there is croup; to the adult it goes to the head and produces catarrh; to the bronchia or lungs, causing tightness of the chest, and sometimes inflammation, pleurisy and pneumonia; to the bowels, causing diarrhœa; if the current goes to the liver, there is constipation, bilious fever, or headache. To avoid colds, then, it is only necessary to avoid closing the pores of the skin.

How to Cure a Cold.

As early as possible, after taking cold, go to bed in a warm room, covering yourself with two extra blankets. Put 25 drops of tinct. aconite into two-thirds of a glass of water, and take a teaspoonful every thirty minutes until you perspire freely. Eat no food until the following morning.

How to Feed and Nurse Children.

FOR the first twenty-four hours after a child is born, except in particular cases, the child does not require any food whatsoeven The first supply of the mother's milk is always purgative. If the mother is healthy, and she is able to nurse the child, no other food is necessary for the first six or seven months of its life. During the first month the child should be nursed every two hours. After that period has elapsed the interval should be gradually prolonged to four hours, for

frequent feeding is the cause of much sickness in infants. The mother should get as many hours of uninterrupted rest at night as possible. When maternal rest is imperative, the baby may be fed once during the night with weak milk and water. The child should be made to sleep in a crib as soon as possible in place of being lulled to sleep in its mother's arms. If the mother, from any cause, is unable to continue nursing her child, a good healthy wet nurse should be engaged. Too much care cannot be exercised in this selection. If a nurse cannot be obtained, the child of course must be fed by hand. Cow's milk is heavier than human milk. In order, therefore, to adapt this milk to the necessities of the child it should be diluted with water and sweetened. The babe should be raised to an upright position while taking its food. Children should never be fed while lying on their backs. From six to eight tablespoonfuls of milk every two hours is enough to give a child at first; this can be increased. Cow's milk sometimes curdles in the child's stomach. To correct this, lime water may be mixed with the milk in place of the clear water.

The child's food should be placed in a bottle and warmed by placing the bottle in a vessel of warm water; if it disagrees with the child it should be boiled. The child's bottle should be thoroughly cleaned every time it is used, otherwise the milk left in it will sour.

Good fresh air, an abundance of light and warm clothing, are essential to the health and growth of the child; and the child should be taken out once

or twice every pleasant day. The child should be washed all over once each day with warm or tepid water. A child should not be allowed to bear its weight upon its feet too soon or too long at a time, as it is liable to produce deformities in the hips, back, or limbs. Infants have no means of keeping themselves warm, and, therefore, it is of the utmost importance to see they are kept so.

Teething.

At this period the digestive organs of the infant undergo a rapid development to a condition of activity which is necessary for the conversion of vegetable and animal foods into living muscle, nerve and bone.

Diarrhœa, sickness and fretfulness are manifest at this stage of infant life. The mother or nurse, in their anxiety to quiet the child, are liable to overfeed it, and thus disorganize the child's stomach to such an extent as to cause death. Many children are unconsciously murdered at this critical period of their existence. Great regularity in feeding children should be observed while the child is teething, and the diet should not be changed.

Obedience to Parents.

A child should, from the first, be reared to pay strict obedience to its parents. It should not be permitted to have every whim gratified until it is of a certain age, and then suddenly checked here and scolded there for little errors it has been led into by such previous neglect. A child should never be harshly reproved; it should never learn to fear it.

parents. If parents manifest an interest in all the plans and sayings of their little ones, and reason with them when it is necessary to make them see and feel things as the parents think they ought, they will have the full love and confidence of their children, and disobedience to the parent's wishes will be of rare occurrence. An affectionate manner and kind word from a parent will do more in the correction of a child than all the rods that grow. When a parent strikes a child that has any spirit, the blow he gives drives from that child's heart the love and the reverence he has hitherto felt for that parent, and if it is persisted in, the child, in after years, can never think of that parent without remembering all of his harshness and cruelty toward him, a helpless child, who should have been dealt with in a spirit of love and reason rather than with the cow-hide, bludgeon, or intimidation by means of threats.

A child's first impressions of his father are that he is the noblest and best man in all the world, and of the mother that she is the most angelic and lovely mother that had yet been created, and his little heart is brimful of love and admiration for that father and mother. Now, fathers and mothers, is not such innocent and trusting affection magnificent? Can you imagine anything more sublime than the possession of the trusting love of the little child who calls you his father or his mother, and who looks to you for protection against all harm from without and within? How can you, then, be so unreasonable and so cruel as to dispel forever

from your little child's heart that sublime love and trust he has bestowed upon, and in you, by lacerating his little back with a whip, that never should have been made, because in a thoughtless moment he had given you offense, and for which he would have been sorry all his life if you had corrected him with kind and loving words?

A whip, a blow, harsh looks, threatening gestures, may sometimes temporarily subdue a child, but if you, fathers and mothers, seek to correct your children by these barbarous and wicked means, you will, in nine cases out of ten, lose the respect and love of your children, and as soon as they arrive at an age when they can care for themselves, they will leave your fireside and seek a home among strangers.

Diseases Incident to Infancy and Childhood.

THE diseases of children are numerous. Some of them are unavoidable, but a great number could be prevented by careful attention to diet, cleanliness, ventilation, and avoiding cold and damp.

Thrush.

Thrush is one of the first diseases to manifest itself in children. In this disease the tongue, throat and inside of the mouth are covered more or less with small white specks; there is dryness and soreness of the mouth and throat; diarrhœa

comes on toward the end of the attack; it is due to a vegetable parasite which is developed in any sour milk or sugary substance which may adhere to the mouth of an infant. In the treatment of this disease, everything coming into contact with the child's mouth should be clean, and the mouth cleansed with a cloth moistened with chlorate of potash (10 grains dissolved in an ounce of water).

Diarrhœa.

Diarrhœa is a common disease among infants. Where this exists the child may take a very small dose of castor oil warm; dilute its milk with one-half of lime water, and place warm flannels to its stomach; a teaspoonful of chalk mixture or a little peppermint will also check the diarrhœa in children. A very little thoroughly boiled wheaten flour boiled in milk, can be given with safety.

Cholera Infantum.

This disease usually occurs, if at all, during the period of teething. It is characterized by feverishness from the first, then by diarrhœa, and later by vomiting. Emaciation commences soon, cold hands and feet follow, the head and abdomen hot, the skin dry and rough, the countenance pale and shrunken, and the pulse irritated; the child becomes sleepy, and finally sinks into insensibility. Put the child into a warm bath, or apply wet hot cloths to the abdomen; dissolve gum arabic in peppermint water and give a tablespoonful every half hour; give also a little lemonade.

Worms.

The presence of these parasites within the body is usually indicated by the child grinding his teeth, rubbing his nose, and a capricious appetite. When worms exist the child's digestion should be regulated, and a lump of bitter aloes, the size of a walnut, dissolved in a half pint of hot milk, given as an injection; at the same time the child should inhale spirits of turpentine from a cloth upon which is poured a few drops; two or three inhalations of turpentine at a time is all that is necessary.

Measles.

Measles is most common in infancy and early childhood. The first symptoms are drowsiness, fretfulness, fever, cold in the head, cough, watery discharge from the eyes and nose, itching of the face, and the eyes are red and sensitive to the light on the fourth day of these symptoms. A rash of a faint mulberry hue first appears on the forehead about the roots of the hair; this soon spreads over the entire body in dark spots. The rash subsides in from three days to a week. Rest in bed, with a milk diet, are all that is necessary with measles.

Whooping Cough.

Whooping cough is usually preceded for a week or more by a slight cough, then it becomes distinctly paroxysmal—that is to say, each fit of coughing consists of a rapid succession of coughs lasting until the breath is quite exhausted. Great relief is afforded in this complaint by frequently bathing the throat and breast with equal parts of spirits

turpentine, sweet oil, and spirits camphor, and by applying hot cloths, always avoiding taking cold. The disorder runs its course in about a month. The child should be kept in a warm room and given a generous diet.

Scarlet Fever or Scarlatina.

Scarlet fever or scarlatina are terms having the same meaning. The disease begins with fever and sore throat. On the second or third day a scarlet rash appears, first at the top of the chest and then spreads all over the body. In its mildest form it is a dangerous disease. The room of a scarlet fever patient should be warm and of even temperature, and the subject should not be allowed to get chilled. As soon as the signs are sufficiently marked to make it certain that it is scarlet fever, the child should be put to bed; cover the abdomen with a dry flannel, and over it apply a sheet wrung out of hot water; cover the sheet with another dry flannel. Give the child warm lemonade, to which add dissolved gum arabic, and let this be the only drink given while the fever lasts. The hot cloth should be replaced by another as soon as it gets cooled until perspiration is induced. The child will fall asleep after the perspiration has commenced. Should the bowels need attention, give a warm injection of soap and castor oil. When the rash fades, which takes place in from a week to ten days, the skin begins to peel off. This process lasts about a month, and during this period the child is liable to an attack of dropsy, from inflammation

of the kidneys. A slight chill is the most common cause of this serious complication, which is often fatal. To guard against this chill and dropsy, the child should be kept in bed, and in an even temperature, for at least two weeks after the scaling has ceased. When the throat symptoms are severe, external applications of spirits turpentine, camphor, and sweet oil (equal parts) are useful. Ten drops of tinc. iodine in a half glass of water and a teaspoonful of the mixture, given every hour, alternating with a teaspoonful of the mixture of ten drops tinc. aconite in half a glass of water. Warm baths and frictions of the skin give great relief, and are useful in the scaling stage of scarlet fever. The clothes should be changed often, and the room thoroughly disinfected and whitewashed.

Small Pox.

The symptoms are headache, nausea, giddiness, drowsiness, and pains in the head. At the end of forty-eight hours or more a rash breaks out on the face and breast, and sometimes extends to the hands and feet and other parts of the body. The hands, feet and face swell, and there is usually great difficulty in swallowing. About the fifth day the spots fill with matter, and by the eighth day the face is a mass of pocks. In some cases the eyes are seriously affected. About the eleventh day matter is discharged, the centre of the eruption becomes dark, and scales fall off. The room must be kept cool and steady; cooling drinks may be given, but solid foods must be avoided. The linen

should be changed often, and the room thoroughly ventilated, and disinfected with carbolic acid. To allay itching, apply sweet oil or cold cream to the parts. To prevent pitting, cover the surface with gold beater skins, and muffle the hands to prevent scratching.

Chicken Pox.

Chicken pox is a very common disease among infants and children. Some medicines, good air, and avoiding colds will soon restore the child to perfect health.

Diphtheria.

Diphtheria begins with a sense of languor, headache, nausea. The throat then becomes sore. The glands outside the throat enlarge, and white patches may be seen inside the throat. In the early stages of diphtheria a small piece of camphor the size of a pea may be held in the mouth and dissolved and swallowed. It may be necessary to repeat this at short intervals, but the quantity should not be increased. The throat should be swabbed with a swab dipped in a solution of carbolic acid, 10 drops to the ounce of water and stronger if the patient can bear it. This solution should be used every few minutes. The diet must consist of nutritious fluids given as hot as can be taken.

Croup.

Croup begins with a feverish cold in the head, attended with cough, which soon becomes husky; presently the breathing becomes difficult and

labored. The child should be put in a warm bath, the room warmed, the bed brought near the fire, on which a kettle of hot water is placed so that the steam can come into the room to moisten the air. The application of a mustard plaster is of great use to the throat; leave it on until the skin becomes red, but not to draw a blister. Secure an immediate movement of the bowels.

Marriage.

TO marry is a duty every healthy young man owes to himself, to the world and to some young lady, upon whom he can bestow his affections, and who, in return, will give to him that pure and divine worship that only comes from innocent maidenhood. Where two hearts "that beat as one" are joined together in wedlock, home becomes a paradise; without such a marriage there is no true abiding-place for man. True marriage brings with it all that elevates and refines, all that satisfies and delights; the commonest details of our ordinary occupation it clothes with a vesture of pleasure. A happy marriage has in it all the pleasures of friendship, all the enjoyments of sense and reason, and all the sweets of life. There is no greater mark of a vicious and degenerate age than the ridicule which passes on this state of life. Marriage would be infinitely more successful if engagements were undertaken with more seriousness;

the future tie would be more noble if the preparation for it was made a matter of religious duty, and careful conscience. If young ladies who are engaged, would think less of their embroideries and more of their future duties, if they would rank their outfit only a little way below their wifehood, and study to fit themselves for the coming work, rather than to arrange their ribbons and laces satisfactorily, marriage would have a brighter outlook than now, and an experiment which so often ends in tears and sorrow, would have a chance of flourishing for a lifetime in the full sunshine of joy and love; but what kind of superstructures can be raised on foundations of dust and rubbish loosely put together? As the sowing, so the harvest. If betrothals are full of levity and irreverence, it is in vain to expect that marriage will be strong and holy. If men and women prefer mere personal ease and liking to purity and love, they must not complain when the husks on which they feed, fail to nourish them; when the waxen flowers, which they chose in place of the real, melt in the fire of life's burning trials, and are crushed into nothingness beneath the weight of human sorrows.

Intermarriage of Disease.

THE induced diseases of modern life require reference to one of the most solemn of their predisposing causes. The intermarriage of disease by the union of persons who are strongly

tainted with fatal maladies which must, in the ordinary course of events, appear in their offspring. It is the common impression that injuries of this class are only effected through marriages of consanguinity. Hence, marriage between cousins is objected to; but in plain truth, the question of consanguinity is secondary. There is no doubt that if cousins, each possessing an original family taint, marry, the result may be doubly disastrous to the offspring. This, however, is not on account of the consanguinity, but because both persons are similarly infected with the taint. I mean by this, if they had not been related, and had been similarly infected, the results to their offspring would be the same. The worst intermarrriages of disease are those in which both parents are the inheritors of the same disease, as where both are disposed to consumption, to cancers, or to insanity. Under these circumstances, it is all but impossible for the majority of the offspring to escape the inherited disease. Intermarriages of distinct diseases are hardly less dangerous. The intermarriage of cancer and consumption is a combination specially fraught with danger. Intermarriage of rheumatic with consumptive disease is productive of intermediate maladies in which the bony framework of the body is readily implicated.

Children suffering from hip-joint disease are common examples of this combination. Hydrocephalic children are frequent results of the same combination. The whole of this subject is a modern study in the natural history of disease.

Some day it will be so formularized that we shall be able to predict the results of combinations of disease from marriage with arithmetical accuracy. In the present state of our civilization, rank and position are considered all-important elements in the marriage contract. Wealth is considered; relative age is sometimes taken into account; religion and race are often made subjects of serious moment. Hereditary health as an element of the marriage contract, of what import is that? Who are so lightly studied as the unborn?

Communicable Disease.

THE moral as well as the physical blot of our age is syphilis. The poison of this malady once engrafted into the living body, and producing its effects there, leaves, according to my experience, organic evils which are never, in the whole of a life time, completely removed. In many instances of this disease the evils have passed in hereditary line; in all they have remained in the organism first affected, bringing to the end of its life every other disorder, and producing themselves some disorders which surreptitiously assume independent characters, and are looked upon too often as distinct and independent constitutional or local affections. This communicable disease is probably the most prolific of injury of any that afflict the human race. In the happier days to come, when, under moral influences, this malady shall cease, there will grow a race of men such as this world has never seen.

Disease of the Kidneys.

Inflammation and Congestion.

TO subdue the inflammation or congestion of the kidneys, recourse should be had to warm hip cloths. An active cathartic should be taken, and drinks of a soothing nature, such as slippery elm or flax seed teas. The diet should be light.

Bright's Disease.

Bright's disease is such a state of the kidneys as causes the presence of albumen in the urine and general dropsy. It is to a certain extent a breaking down of the structure of the kidneys. As this form of kidney disease is dangerous, and as death generally follows its improper treatment, the patient should apply to me either personally or by letter, that they may receive intelligent advice and proper treatment for their particular case.

Gravel or Stone in the Bladder.

This disease is supposed to be due to the use of limestone water. The urine is filled with small stones or sand; there is pain in the back; the attack is generally preceded by a chill and fever, and more or less indigestion; occasionally there is great pain, as in the passage of the larger particles; there is frequent desire to pass the urine, and a sediment or deposit may be observed at the bottom of the vessel. Apply warm baths and drink freely of flax seed tea; also, of tea made from buchu leaves. A teaspoonful of bicarbonate of soda, dissolved in

a glass of water, taken night and morning for a few days, is useful.

Inflammation of the Bladder.

Hot cloths over the region of the bladder and mustard plasters are of great use in inflammation of the bladder. The patient should be kept quiet in bed. A mild purgative is necessary. To relieve the heat and bearing down, small pieces of ice may be put up the rectum. Flax seed and slippery elm teas should be the drinks.

Stone in the Bladder.

Stone in the bladder is indicated by a sudden stoppage of the water, but its presence there can only be determined by passing a sound into the bladder. The stone can be removed by crushing. Bloody urine, when the blood is mixed with the water, is almost sure to be from the kidneys. When it appears to follow the urine, it is from the bladder. Astringents must be employed to arrest this hemorrhage, such as oxalic acid, in doses of ten grains, or powdered alum ; ten to fifteen grains of alum may be injected into the bladder also. If the hemorrhage is profuse it may be checked by passing a catheter into the bladder and compressing the parts around it until the flow of blood is checked.

Diabetes.

Diabetes is characterized by the passage of large quantities of water, followed by evacuation, langour. The thirst is intense, and the skin becomes

harsh and dry. There are two forms of diabetes—the simple and the sugary. Persons suffering from this form of kidney disease should drink nothing but skim-milk; and avoid sugar and vegetables. Oatmeal, boiled wheat, eggs and beef should be the diet. Our advice should be sought in this complaint.

Female Diseases.

IN addition to the diseases common to both sexes, women are subject to a class of distressing complaints peculiar to themselves. Involving considerations of a delicate nature, these complaints have too generally and too long been shut out from works intended for popular distribution. Hence there is a general ignorance of a class of diseases which are fast unfitting women for the high duty of continuing the race; and the subjects of these maladies are generally themselves so uninformed of the true nature of their sufferings that they are neither prepared to seek relief in the proper direction, or to submit to the remedy if it be proposed. I have a competent lady physician to wait on ladies.

Noises in The Bowels.

THESE noises are more common to ladies of sedentary habits than to men, and there is nothing more mortifying to a lady than the occurrence of these diabolical rumblings when per-

haps, she is entertaining her sweetheart, or a company of gentlemen. Suddenly, while the lady is in transports over the last opera, or the latest fashions, this intestinal concert begins, we are instantly aware of its origin. Rumble, tumble, thunder, thug, away they go. The lady feels as though she would like to have some friendly earthquake appear and swallow the house, company and all, but the earthquake does not come, and she tries to drown the noise from her internal band by forced laughter, and more rapid speech. Any unnatural pressure, such as wearing tight corsets, or bands about the waist, will produce these noises. Tight lacing reduces the size of a part of the small intestine, and the contents crowding through this contracted part sends up this queer music. Dress loosely and naturally, eat regularly, and drink moderately of liquids, and you will have very little trouble from your kitchen unless you fill it with a diet that is productive of gases.

Economy in Food.

HALF the earnings of seventy-five per cent. of the American people is wasted upon the table. Now let us stop this foolish expenditure of money. This wear and tear of brain and body by the adoption of a system of living that is vastly more healthy and more luxurious even, when we accustom ourselves to it.

Prices of Meats.

An ox when dressed weighs, say, 900 pounds.

75	pounds	of	this	ox	brings	25 to 30	cents	a	pound
150	"	"	"	"	"	18	"	"	"
400	"	"	"	"	"	10	"	"	"
50	"	"	"	"	"	8	"	"	"
55	"	"	"	"	"	5	"	"	"
150	"	"	"	"	"	3	"	"	"
40	"	"	"	"	"	1	"	"	"

Now while certain portions of this animal bring from 16 to 30 cents per pound, there are other portions that are just as palatable and nourishing, that bring but 3 cents. Steam this meat or make it into a stew and you have a dish good enough for a queen. Oatmeal, in the form of cakes, or boiled, is one of the most nutritious of foods, a pound of oatmeal contains as much nutriment as six pounds of wheat flour. Whole or cracked wheat is a most nutritious and delicious article of food. One pound of wheat boiled will give as much strength of nerve and muscle as six pounds of baker's bread. Hominy and hulled corn are cheap and are among the most lasting and substantial of human foods. One pound of meat, costing 3 cents, well boiled, with a quart of white beans, also boiled, eaten with brown bread, will furnish a luxurious dinner for six persons, and the whole cost would be less than twenty-five cents. A bushel of beans properly cooked will furnish more nutriment than 10 bushels of potatoes and 20 pounds tenderloin steak. Persons living on wheat, oatmeal, corn, and vegetables, are stronger, plumper,

healthier and happier, with cleaner skins, sweeter breaths, brighter eyes, and they live longer than do the meat eaters. Turkies, chickens, game, salads, tenderloin steaks, may be eaten by young men who part their hair in the middle, by gluttons, and by those persons whose lives possess no usefulness, but let us who desire health and long life feast our bodies on the grains and vegetables, and on the plainer meats that are within the reach of the humblest purse.

Diseases of Men.

DISEASES, communicable, that are common to man, in this enlightened age, can be safely treated and surely eradicated by the remedies discovered by myself and now in use at my offices. My remedies for these diseases contain no mercury, or any substance injurious to the weakest constitution. Sufferers can, therefore, apply to me with the fullest confidence that their complaints will be fully understood, and that a rapid cure will follow my treatment of their case, and that no sting will be left behind. I have a complete outfit of philosophical apparatus with which to prosecute microscopic or analytical experiments of the urine, blood, or any secretion of the body. This class of infectious diseases should not be trifled with, but advice and treatment should be sought at once. If unable to see me personally, send full particulars of case.

Seminal Weakness.

WHEN I commenced this work it was my purpose to carefully avoid all mention of the secret practices of boys and girls, and of men and women ; but I observe around me so much evidence of the evil consequences following this self-pollution that I feel I must come to the rescue of the thousands who are fast going down to their graves, or to the mad houses, from this terrible crime against nature. The victims to these troubles should not experiment upon themselves, but should seek intelligent advice without delay. Wait not until manhood has departed, and you are a physical and mental imbecile. I can send a safe, and, generally, sure treatment, by express, to any part of the civilized world. To prescribe intelligently I must first have all the symptoms affecting the patient, age, constitution, habits, etc., etc.

Secret Vices.

THERE are vile habits to which both sexes are victims, the result of which is physical and mental decay, loss of self-respect and loss of manhood and womanhood. When the slave to this diabolical practice begins to realize the injury he is inflicting upon himself, he should make a statement, in writing, of his case, and forward it to me without delay. This is a matter that should

be acted upon to-day, as to-morrow may be too late. I will not describe the symptoms that follow this practice. Your friends and acquaintances can see the consequences of your insane folly stamped in your face. If you value your self-respect or you value the respect of others; if health or life is of any moment to you, STOP this wretched abuse, and seek relief from the injury already inflicted upon yourself.

Impotency

CAN be successfully treated, in most cases, if the subject has not become so from old age. A want of development in the organs can generally be corrected in persons under forty years of age. Persons requiring advice or treatment can address me and receive by return mail the information they desire.

Hemorrhoids or Piles.

PERSONS afflicted with hemorrhoids or piles should not experiment with any uncertain remedies when an absolute cure is within their reach. I have a safe, certain and painless process of cure. It NEVER fails. No cutting, no ligature, and absolutely no pain or danger. The time required to make a cure is reduced to a mathe-

matical certainty. Upon learning the exact condition of the sufferer, I can determine the time required for a perfect and permanent cure. While under treatment, the patient can attend to business as well or better than before. So sure am I of my ability to cure this dangerous and painful disease, I ask no fee until the patient is completely relieved from the complaint. If I should fail to make a cure, no charge will be made for services or treatment.

Lame Back.

PAIN in the back, side, chest, or between the shoulders, can be relieved or cured by my Anodyne and Curative Plasters. I furnish them, unspread, at two dollars per dozen. By keeping the material in jars, hermetically sealed, and spreading the plaster when ready to use, it loses none of its medicinal or anodyne properties, and it takes hold right. I can only furnish these plasters by the dozen, and at the low price of two dollars. They can be sent only by express or messenger. The post-office department will not accept them. They will be sent to any address on receipt of price.

I also have an external balm which is an instantaneous relief for all pains affecting the body of man. This can also be sent by express. It is put up in large packages. Price, two dollars. No person would be without it after a trial.

Rheumatism and Neuralgia.

I HAVE discovered remedies that are certain in the cure of rheumatism and neuralgia. These remedies can be sent by express to any part of the world. Persons wishing to make use of them for the cure of rheumatism or neuralgia, who are unable to visit me for personal consultation, are requested to write out a full history of their complaint, how long afflicted, age, sex, general health, etc., etc., and forward the statement to me for examination. I can then prepare such remedies as are needed to meet the case, and can forward them as directed.

Rheumatism.

INFLAMMATORY or acute rheumatism is generally manifested, at its commencement, by the usual symptoms of fever, as white coated tongue, quick full pulse, thirst, lassitude, chills, followed by heat, and soon after, aching, darting, or throbbing pains are felt in the joints, with heat, redness, and swelling at the seat of the pain. Perspiration often succeeds or accompanies the feverish symptoms, but does not, as is usual in fevers, bring relief, and is no sign of convalescence The pain, which is principally confined to the joints, though occasionally occurring in the neck, chest, or head, is transferred from one place to an-

other, and is greatly increased by exposure to cold air, and by motion. When a transfer of the disease takes place from the joints to an internal organ, as the heart or brain, recovery is doubtful.

Rheumatism frequently occurs in a chronic form, in which case there are no indications of fever, no signs of local inflammation, but fixed, dull pains in the joints, with muscular rigidity, weakness, and numbness. The cause of rheumatism is, chiefly, obstructed perspiration from exposure to cold when the body is heated, or from impure blood or wet feet. I have a certain treatment for this disease.

Neuralgia.

THIS disease is confined to certain branches of the nerves, as those of the face, chest, and limbs. The nerves passing to all portions of the body are subject to attacks of this painful disorder; and wherever it may be located, there are but few complaints to which the human race is exposed, that are attended with such intolerable suffering. The pain comes on in sudden paroxysms, with intervals of freedom between.

The attacks are sometimes like an electric shock, and are so agonizing as to bring a temporary loss of reason. Occasionally there is great tenderness of the parts affected, and some fullness of the blood-vessels in the neighborhood; but generally the

signs of inflammation are all absent, except pain. Under my advanced system of treatment, neuralgia in all its forms is mastered in a very brief period.

Deafness

MAY arise from various causes, some occasioning temporary, others permanent and incurable deafness. Very loud noises, severe colds, catarrh in the head, paralysis of the auditory nerves, inflammation of the membranes, accummulation and hardening of the ear secretions, the incautious use of ear-picks, original malformation, and certain fevers, may be enumerated as causes. Deafness is not always curable, but we can usually determine an incurable case upon examination.

The Eye.

THE complex and very delicate organs of sight are subject to a variety of affections, many of which are extremely painful, some threatening the destruction of the organs, and even of life itself. The most common affection of the eye is an inflammation of its outer coverings, or, as it is termed, opthalmia. This disease is induced by cold, continued exposure to a very strong light, local injury, and in certain seasons and climates,

from some peculiar condition of the atmosphere, it prevails as an epidemic. Other forms of eye disease are known as amaurosis, strabismus, defects of vision, sty, etc. These diseases should not be trifled with, but should be under the care of an experienced physician. We have an aurist and oculist of twenty-five years' experience and practice.

Nervous Diseases.

NERVOUS diseases are more numerous and afflictive than in former years. They are the price we pay for a high civilization and for our republicanism. Among us every man feels his individuality, and has a motive for thinking and doing his best. Thought and action are here unfettered, and if the race is not to the swift, nor the battle to the strong, every man acts as though he thought it was. The excitement which the struggle for wealth kindles and inflames, deranges the nervous system to a shocking degree. Abuses so prevalent among young men and women, weaken the whole moral, mental and physical power of its victim, and send thousands to the grave before their time,

Nervousness or Hypochondria.

THE victim to nervousness or hypochondria is in almost constant fear, anxiety and gloom. His mind is full of belief that something dreadful is going to befall him. He is

either going to be sick, die, or lose his friends. He has no mind to engage in any business, neither does he wish to go anywhere or see anybody; night and day his spirits are down to zero, and his heart has a load too heavy to bear. The external senses manifest symptoms of derangement, as well as the thoughts, feelings, emotions and passions. Floating black specks, or bright sparks, are seen before the eyes, The skin will twitch in different parts, or feel numb, or have the sensation of spiders crawling on it. The smell and taste become perverted. These persons become changed in their moral dispositions. They are jealous, take a joke as an affront, and feel the greatest distress at any apparent lack of attention on the part of friends. They are irritable, fretful, peevish, and fickle. The seat of the disease is in the brain and nerves. It is caused by anxiety, care, disappointment, overwork, diseases of the liver, constipation, excessive venereal indulgence and self-abuse.

We have been remarkably successful in the treatment of this disease.

Poor Young Man.

THERE are few objects more pitiable to behold than a young man with his nervous system feeble, tremulous, and broken; his memory weakened and fading out; his eye unsteady and incapable of looking a friend in the

face; his loins and back weakened, giving him the tottering gait of old age; his once erect form bowed and bent; his high sense of manliness all oozed out of him; his mind taking up and dropping the simplest threads of thought, losing its way in the plainest paths of reflection, and often starting back affrighted at the glimpse of chaotic insanity opening before him; turning here and there for relief, but finding it not. Our treatment for this unhappy condition is perfect, and we are enabled in a short time to restore both body and mind to its natural healthy and happy equilibrium.

Diseases of Men.

MINE is the only institution in the country that has a regular graduate physician, of extensive Hospital experience and practice, at home and abroad, for the treatment and radical cure of diseases of men. My intelligent readers will understand the propriety of my declining to publish the symptoms of these diseases. They are so numerous, and manifest themselves so entirely opposite in different individuals that it is important for me to have a full description of the case, in order that I may prescribe for it intelligently.

It is proper, however, for me to say that I cure these diseases when others fail.

Loss of Vital Power.

YOUNG, middle aged or old men suffering from nervousness, or loss of vital power from early abuses or excessive indulgence of any kind, no matter of how long standing, or how aggravated a character, or if there is a lack of physical development, should not despair of relief till they have had a consultation at our office.

Dizziness of the Head.—Vertigo.

THIS affection makes objects which are stationary, appear as if moving, or, as the phrase is, "turning round." When seized with it, one will have a sensation as if falling, and objects about him will seem to be in motion. It is caused by irritation of the nerves of the stomach, by dyspepsia, by long application of the mind, by a weakened nervous system, by hysteria, and by a fullness of the blood-vessels of the head. When it proceeds from most of these causes, it is not dangerous; but when caused by impending apoplexy it is a symptom of very serious import, and should be treated intelligently.

Headaches.

THESE are not always caused by disorders of the brain and nerves, but they frequently are. It is unwise ever to neglect headaches. They are sources of great suffering and

often lead to serious derangements of the health. Headaches are more frequent among females than among males, among those of sensitive feelings than among the more obtuse.

There are headaches from indigestion, from eating improper food, or eating too much. Sick headaches, accompanied by nausea or sickness at the stomach. Bilious headaches, which affect persons of dark complexion and melancholy disposition. Nervous headaches, more common among females than males. The pain comes on usually in the morning, lasts through the day, and abates in the evening.

"Cooked Air."

Some Hints that May Enable us not to Take Cold.

THERE is one reason why people "take cold" in winter. Most people spend their lives, when indoors, in cooked air. The lower down the thermometer goes, the higher the burning coal is piled; all the chinks and cracks are stopped that would let any fresh air in, and its main chance, indeed, is when the front door opens for twenty seconds, or when the beds are made in the sleeping rooms. In the living rooms of the family there is no occasion, many people think, to raise the windows ever, except to wash them, on periodic cleaning days, or to close the shutters. So carpets and

furniture and people, lungs and skin, are dried and baked in hot, dry rooms. Out from this kiln-dried atmosphere into the winter streets and into the very cold or very damp air plunge the folks who live in these air-tight rooms. They put on plenty of wraps, but they wear the same foot gear and they carry the same lungs out into the streets with them, and the same sensitive skin, and it is a wonder to all thinkers that they do not take and keep, too, that congested state of lungs and membranes, and chilled blood-vessels that we class under this one convenient term of "cold." Perhaps the houses are not kept any warmer than they ought to be, when people are taking but little exercise. But they certainly are nearly all of them too dry and lacking in constantly renewed pure air. Folks who are extremely particular about wearing their own clothes, and who would by no means consent to take the cast-off garments of a neighbor—one and all of them are perfectly comfortable to breathe over and over again the cast-off and soiled air from each other's lungs, when it is cooked, especially; for in summer time they do insist on a change of it, and do get their houses ventilated. Janitors of public buildings, in a short-sighted economy of fuel, will shut up all the apertures by which fresh air might get in, lest they should suffer some heat to escape thereby, and are rewarded by sleepy audiences, especially when the gas burners are at work, also draining the cooked air of what little life it has. There are some people who open an inch or two of their bedroom windows every night to insure a modicum of

fresh air to sleep by. But these do not in the least care to have fresh air to be awake in, it seems, for they are content to have their furnace draw all its supplies from the tightly-sealed cellar, and from the stale atmosphere of the ash boxes and vegetable bins in that subterranean apartment. When we live in fresh air within doors as without, with its proportion of moisture for the skin and breathing apparatus to keep up their healthy tone, it is likely we shall have found out one way at least of how *not* to take cold.

Constipation and Liver Disease.

IT is important that we should mention the *train of direful* ills inflicted upon *thousands* from constipation of the bowels; the fecal secretions lie too long in the upper intestines, they become absorbed into the blood, producing sick and nervous headaches, *fetid breath*, decayed teeth, congestion, inflammation and ulceration of the *throat*, developing catarrhs, and terminating in the lungs, in consumption; or in other ways, develop *piles*, *ulceration* of the *rectum*, inflammation of the mucous coat of the bladder, and again reacting upon the stomach in *irritative dyspepsia*, and deranging the pancreatic secretion, so from its morbid nature *mal* or *bad assimilation* of the food obtains, hence follows in turn again, in another and most obvious manner, the cause for impure or bad blood.

To cure or remove *disease*, is to fathom the law that governs disease. None can practice successfully without! We have made the important discovery by which the law that *controls* or develops each disease, is understood. Everything in creation moves in a cycle. Treatment administered in accordance with this law, equalizes the *nerve forces*, *unloads congestion*, *resolves inflammation*, and restores the circulation upon which every vital function depends. We have made the most important and wonderful discoveries in medicines that act in harmony with this law, in curing diseases and disorders of the liver. The peculiar sphere or function of each medicine being known, from our great experience in treating liver disease, the proper remedy can immediately be given to remove each variety of disease indicated, and the nerve forces become aroused into new life by the magnetic action of the medicine.

But how long has the heart in its wonderful function been overlooked in the chain of morbid sympathies by the disease or obstruction in the liver? Physicians almost invariably, in prescribing for palpitation, oppression, or disturbed function of the heart, have considered it to be the centre of disease, when, in fact, the remedies should have been addressed to the liver. The blood returns from the extremities back through the liver to again enter the right side of the heart to be oxygenated, but it meets with obstruction in the large vein of the liver (cava), then the heart throbs, and beats, and flutters, because it has not the blood for it to

act upon; remove the obstruction, the heart will resume its healthy function. By this obstruction above-named, both bleeding and blind piles are caused; for it is only the inflammation and congestion of the hemorrhoidal vein that causes the piles; when they bleed, the vein bursts from over-distention, caused by the obstruction in the liver. Remove the obstruction in the liver, and the piles will be cured. Although piles require local treatment as well as general, our prescription is magical, and wonderfully curative in a short time.

Many persons go through life suffering continually, and frequently the most excruciating agonies, from piles, and to rid themselves of them, they are constantly taking pills, which are composed mainly of the most drastic and irritating purgatives, as gamboge, scammony, aloes, jalap, and other articles equally as irritating. The effect is, instead of curing or even mitigating their condition, to constantly aggravate them; hence, they are never cured; for the very means they use for that purpose, is the cause of terminating what at first was but a symptomatic effect of obstruction in the liver, or bile-ducts, into a permanent organic disease; hence results the long continued chronic inflammation of the lower bowel, which terminates often in ulceration, and many times in fistula in Ano.

Dyspepsia.

NERVOUS or Irritative Dyspepsia is known by capricious appetite; sense of weight and fullness at the pit of the stomach; irregular bowels; tongue red or covered with a slimy mucus; severe lancinating pains darting between or under the shoulder-blades from the stomach; pulse quick and variable; dull, heavy, aching pain across the loins; excessive depression of spirits; despondency so intense as to excite the most painful ideas and apprehensions. The seat of affection in this class of dyspepsia is in the nervous net-work of the stomach, and occurs in the subjects of a nervous temperament and excitable disposition.

Mucous dyspepsia occurs in persons of sluggish temperament and slow animal sensations; the result of sedentary habits, study, excesses of diet, undue use of purgatives—mercury and mineral medicines; tongue flabby, covered with colored, yellow or brown fur, red edges and points appearing at the sides and centre of it; lips marbled or like yellowish wax; skin like parchment; body turgid with unhealthy fat; tendency to drowsiness and inactivity of body, irresolution and depression of spirits; dull pain with confusion of head. Produces apoplectic seizure and sudden palsy; is accompanied by little flatulence, much rising of food, deficient appetite, great thirst, bowels torpid, evacuations white; excites but little pain or morbid sympathies of the chest, but is generally allied with considerable disorder of the Liver; pulse generally dull and comparatively slow.

Scrofulous or Strumous Dyspepsia.

This disease always occurs in a constitution of a scrofulous habit; generally from predisposition on the part of parentage or ancestry, or in an acquired scrofulous habit of the blood and constitution.

In scrofulous dyspepsia the tongue is flabby, pale; if coated, it is white, as a general thing; the gums are spongy, the teeth are incrusted with sordes, or tartar, and are given to early decay. The subject lacks in energy and vigor; though many females in early life show an aptness to learn, and a quickness of comprehension, which, however, soon becomes exhausted from any great amount of exercise or physical exertion. They are like buds that spring from forced or artificial cultivation; they show beautifully in their opening prospect, but are blighted by the first exposure to the blasts of autumn, or the mildest frosts.

Bilious dyspepsia forms a striking contrast to all the others. The seat of immediate disturbance and suffering is apparently in the stomach, and *is* so in the majority of cases; whereas, the grand cause of disturbance is in the Liver itself. The mouth has a bitter, nasty taste on arising in the morning; the tongue is coated with a thick, brownish yellow—rightly denominated—bilious coat. There is a sunken, uneasy, all-gone sensation felt at the pit of the stomach as soon as the stomach is a little empty, and many are led to great errors of diet, to a constant habit of over-eating, over-loading the stomach, because it satisfies this morbid craving, and, for the time being, relieves the dis-

tressing sunkenness, or faintness ; but the relief is of short, transitory duration, and from the extreme suffering and anxiety, the uneasiness of mind, the incapacity for exertion or for business, or fixing the attention upon the business, especially if it be of an intellectual nature, comes the urgency or demand for more food upon the slightest recurrence of the distressing symptoms—not stopping to reflect, or to realize that the cause for all this is being made worse by their continued indulgence.

From a half hour to an hour after eating the regular meals, more especially after breakfast and dinner, an uncomfortable fullness commences. In many cases, heart-burn, so intense that the victim is made miserable, is a striking evidence of this form of dyspepsia. In others, a belching up of noxious gases, and rancid eructations, so acrid as to irritate the throat, and a feeling of disgust and even nausea not unfrequently takes place, and where the nerves of the stomach are in a very irritable state, vomiting of half-digested aliment occurs. In some people these is a sense of tightness in the chest, impeding the free action of breathing, partly depending upon the distension of the stomach ; heaviness, giddiness, and faintness are attendants on this state of the stomach.

Our treatment for dyspepsia has been almost invariably successful. It can be sent via express to patients writing us their symptoms.

A Banquet of Disease.

RARE or improperly cooked meats should not be eaten. Cattle, sheep, hogs, and every kind of animal, or fowl, are subject to disease, and to the parasites that afflict mankind. If the meat is parasitic or diseased, and it is properly cooked, the parasites perish, and the virulence of the poison and disease is nutralized by the high temperature of heat necessary to thorough cooking.

People who die from inflammatory diseases are generally rare meat eaters. Individuals who are particular to have their meats cooked until the blood is evaporated, seldom suffer from fevers or dysenteries. Statistics show that vegetarians are more robust, live longer and bear a change of climate better, exist longer without food, and after death their bodies do not putrify as rapidly as the meat eaters do. Their breath is sweeter; they are less affected with heat and cold, their senses are more acute, their flesh heals quicker, they are less liable to epidemic or infectious diseases, they have less chronic cases of scrofula and consumption. Flesh food has but thirty-five per cent. nutriment, while wheat gives from eighty to ninety. Two and one-half pounds of meat has less force and nutriment than one pound of wheaten bread.

Now, reader, if you are advised by a world of doctors to eat your meats rare, don't you do it; there are very few perfectly healthy men and

women, and there are just as few perfectly healthy animals.

I hear the advocate of rare meat say if you brown your meats clear through you destroy their nutritious properties. If this were the case would it not be better and safer to burn out some of the vitality contained in the meat if, with it, you destroyed its capacity to inoculate the system with parasitic germs and disease? The writer has always insisted upon having his parasites well cooked, and as a result he has never experienced a pain, weighs 230 lbs., and has the muscle of an athlete.

Nature and science alike teach us that in order to render flesh palatable, and prepare it for assimilation with the secretions of the stomach, it must be properly cooked. A high temperature in the stomach is necessary during the act of eating, for the purposes of digestion. A sound stomach makes a healthy body, yet the victim of a false idea and vitiated taste demands a double task of his stomach. He demands it to cook the food as well as to digest it. Eating uncooked meats is a relic of barbarism derived from our cannibalistic ancestors, whose chief delight it was to eat his fellow-man raw. The human teeth and stomach are not fitted for this purpose, and the doctors who recommend this unchaste, unhealthy, and barbarous habit, are as far out of their senses as they were when they persecuted Harvey for discovering that the blood circulated through the system.

The meat eater does not know where his pet animal died, or what disease caused his death.

A feast upon rare meats is a banquet of disease, and the bill of fare should read as follows:

Scrofula Soup,
Cancer Hash.
Stewed Ulcers.
Sore Nose on Toast.
Boiled Pimples.
Diabetes on the Half Shell.
Fried Trichine.
Fricassee of Pip.
Rash Pie.

Cook your meats until they show no blood, and until the poisons they contain are eliminated by heat. A boil, an ulcerated liver, or a consumptive roast is harmless as food if thoroughly cooked. Poison cannot stand a contest with a high temperature of heat.

Offensive Breath.

WHAT is there more disgusting than a bad breath, and yet how many persons there are so seriously afflicted with it as to be almost intolerable to their friends.

Its existence can be traced to catarrh in the head in nine cases out of ten. Cure or relieve the catarrh, and the breath becomes pure. Many persons have an offensive breath, and remain in blissful ignorance of the fact; their friends do not wish to wound their pride by making known to them their misfortune; hence many worthy ladies and

gentlemen have been unpopular with their friends and acquaintances, and have been avoided by them, and their whole life blighted without a knowledge of the reason why. We never fail to radically cure offensive breath when it proceeds from catarrh, or decomposed matter in the head. Our treatment can be sent, with full directions, to any part of the civilized world, and can be applied by the patient at his or her home.

The Pores of the Skin.

IT is a curious fact, illustrating the necessity of cleanliness, and of keeping the pores of the skin open, that if a coat of varnish or other substance impervious to moisture be applied to the exterior of the body, death will ensue in about six hours. The experiment was once tried on a child at Florence. On the occasion of Pope Leo the Tenth's accession to the Papal chair, it was desired to have a living figure to represent the Golden Age, and so a child was selected, and gilded all over with varnish and gold leaf. The child died in a few hours.

Are we a Nation of Nose Blowers, and will the People ever stop Rasping their Throats, Picking and Blowing their Noses in Public?

IT is a beautiful sight to witness your wife, daughter, friend, or a stranger with their finger up to the second joint in their nose, at the table, the theatre, at church, or upon the street.

It makes a lover's heart swell with joy and pride to see the object of his adoration wipe her nose with the napkin at the table, or expectorate upon the carpet.

It is perfectly delightful to suggest to an acquaintance or loved one that his or her breath is as sweet as the atmosphere of a fish market in July.

It is strangely bewitching in the lonely hour of midnight to be awakened from enchanting dreams by the exquisite music emanating from the nasal cavities of a darling wife or husband, who is enjoying a season of catarrh in the head.

It is decidedly interesting to behold the bones in the nose of your wife, your daughter, or son dropping out, piece by piece, in a state of decomposition, and the nose gradually falling in.

It is our glorious privilege to witness these scenes

almost every day in our family, among friends or strangers who are entertaining a catarrh in the head.

The writer was present during one of these interesting exhibitions in a popular lecture-room but a short time since. A young gentleman, dressed in the latest style, his hair parted in the middle, entered the crowded hall, and took a seat upon the platform behind the speaker, that he might be seen and admired by the many young ladies present. The eloquence of the lecturer soon led this young exquisite to forget he was on exhibition, and while in this blissful state of unconsciousness, he commenced working at his nose. After struggling for some time, he succeeded in extricating something that appeared in the distance like a Saddle Rock oyster, which he exhibited to his admiring audience for five minutes on the end of his finger, while he carefully calculated its breed and dimensions. This fascinating scene over, he began another operation upon his nose, which continued till the close of the lecture.

Six persons in every ten are victims to catarrh. Half the people subject to it think it only a cold in the head, and are unconscious of its debilitating effects till they find themselves slowly but surely dying from consumption of the blood or lungs.

Picking the nose becomes a fixed habit, and rasping the throat a necessity, and hence many a refined lady and gentleman have unconsciously made an exhibition of themselves which has caused the blush of shame to mantle the cheek when they

have come to realize the disgusting position into which their unfortunate disease and its filthy necessities had placed them. I cure this disease when all other means have failed.

Malarial Poison.

INTERMITTENT fever, marsh fever, malarial fever, fever and ague, "chills." These are a few of the names by which the people know more or less one of the most widespread and familiar of the ills that flesh is heir to, a malady that seems to occur at one time or another in all countries where there are to be found water, sunshine, and a soil reasonably rich in decayed vegetable elements. In countries where the soil is less rich in vegetable elements the fever is restricted to the neighborhood of inundated lands or marshes, or ponds of variable level, because in these situations the abundance of decaying vegetable substance is very great. In such countries the opinion is general, and is, perhaps, accurate, that the poison is of marshy origin; but in countries where the whole soil is rich enough to be in this particular like these marshy lands, it has been long recognized that the poison had no necessary relation to marshy situations, but that a short rain which only slightly moistened the surface of the earth and a few succeeding hours of sunshine supplied all the conditions necessary for the elaboration of the poison that produced this fever. But what was that poison?

Within a few years endeavors to solve this problem have multiplied. Experiments have been made at Rome which appear to be more fruitful than any hitherto recorded; or, in the words of the report read to the Academy of Rome, "the investigation was rewarded with complete success." These experiments were conducted by Signor Tommasi, of Rome, and Professor Klebs, of Prague. They together spent some weeks in the Agro Romano, and made repeated examinations of the lower strata of the atmosphere, of the soil and of stagnant waters, and succeeded in isolating a microscopic fungus, specimens of which, being placed under the skin of healthy dogs, caused distinct and regular paroxysms of intermittent fever and produced in the spleens of these animals that peculiar condition which is a recognized part of the pathology of this disease.

My remedies are certain in the cure of malarial poisons.

Trichinæ.

EVERY now and then some new development comes to light concerning pork, proving that pig is not fit to eat. Two Chicago gentlemen recently made microscopical examinations of the flesh of one hundred hogs, for the purpose of discovering to what extent the pork supply of that city is affected with trichinæ. They have reported that they took two pieces from each hog

—one from the tenderloin and the other from the ham. They discovered that eight of the hundred hogs were infected, some badly, while in others few parasites were found. In all cases the hams were apparently free from trichinæ, the tenderloin appearing to be the favorite breeding ground of the parasite. In one specimen they found 13,000 parasites to the cubic inch. The gentleman reports that pork inspectors can rely on the miscroscope only for the discovery of the parasites in meat. They found, however, that sulphurous acids not only kills the worms instantly, but readily permeates the entire ham, and is as readily expelled. They recommend the use of a small quantity of this acid in the pickle for curing hams. It is hardly necessary to state that the pork should be thoroughly cooked before it is eaten. The gentlemen discovered by their investigation that ordinary salting and smoking of pork do not destroy the parasites, but that thorough cooking does kill them.

Mites and Ticks.

THE Rev. W. H. Dallinger has just read before the Liverpool Microscopical Society a paper on some peculiarities in mites and ticks. He explained the characteristics of the acaridæ as a group, and objected to their being popularly called insects, as they were possessed of eight legs and insects have only six. As a group they were mostly parasite on vegetables and animal

forms. They were found in man, mammals of all kinds, birds, fish and crustacea, as well as on insects, and were even found as parasites parasitic upon parasites. Some live under the skin, others burrow into the muscle ; some make corridors under the epidermis and dwell there, and others live on the surface. They are extremely prolific and capable of rapid transference from host to host.

Death in the Refrigerator.

AS every chemist knows, the action of steam, dew, or soft water rapidly converts lead into oxide and carbonate, which, steaming down the interior of the refrigerator, contaminates everything in the form of food that it contains. Very generally, meat, and milk, and fruit are put together. In a few hours raw beafsteak, for example, becomes slippery, or slimy to the touch. It has developed an acid, or sour odor, owing to the action of the lead. If the ice becomes low, toward the latter part of the day, gaseous emanations are freely given off. Milk, especially, has a particular affinity for the poisonous septon, or azote, thus given off. It becomes charged with it, and in the meat and the milk so vitiated many of the malignant summer complaints so common in our midst have their origin.

" The fact is unquestionable," writes an eminent chemist, " that a small piece of decomposing fat, or

meat, or over-used brine, will taint the entire contents of a large refrigerator. That tainted is deleterious to health. That 'gamey' birds, etc., are more or less unhealthy is indisputable, and the epicure is a sufferer from his eccentric tastes. Neither meats nor milk, however, should be kept in lead-lined refrigerators." In this lead lining lies the secret of much of the

CHRONIC ILL-HEALTH

which seems inexplicable. Adults and children residing in healthy localities in town and country, and surrounded by all the comforts of life, complain constantly of dyspepsia, accompanied with more or less nervous depression. There is frequently a feeling of nausea, and of weight and oppression about the chest. The drainage is suspected or the existence of malaria is attributed to the district. The afflicted family changes location, with no ameliorating results. In point of fact, they are suffering from chronic poisoning, and the refrigerator is the "snake in the grass."

Every observant housekeeper must have observed how quickly uncooked beef changes in a small refrigerator—especially when not kept constantly full of ice. The mischievous product comes from the lean portion; and as lean differs from fat chiefly in being charged with septon or nitrogen, it is plain that this septon must be at the bottom of the destructive work. "The product being sour," says Quincy, "the septon must be oxygenated; and thence it is inferred that the oxygen associated with

it constitutes septic acid. And this septic acid, existing sometimes in a gaseous and sometimes in a liquid form, vitiates all food products that come near it, and gives rise to dysenteries and malignant fevers as their principal exciting cause." The same observation applies to fish and fowl, the lean parts of which abound in septon, and are easily converted into pestilential poison by the action of the lead emanations in the varying temperature of the

ORDINARY DOMESTIC REFRIGERATOR.

It will, therefore, readily be seen why milk and butter so speedily manifest unpleasant consequences when kept any length of time in an ice-box lined with lead. The lurking poison unfortunately is seldom perceptible to the taste; for it is the nature of the products of lead to impart rather a sweetish flavor to milk. More than likely the baby is particularly fond of it, while the poor little creature is pallid and hollow-eyed and visibly wasting away.

Parasitic Diseases.

IT has now become an acccepted fact that a majority of the diseases affecting the human body are from parasitic origin. The types with which I am most familiar are the Achorion Schonleinii, Fasciola Gastra, Fasciola Hepatica, Distoma Hæmatobium, Sclerostoma Lymphatica, Diatoma Schirrhosa, Fasciola Miasmatica, Trichomonas Vaginalis, Trichophyton Tonsurans, Trich-

ina Spiralis, Cescaris Lumbrecoides, Oxyuris Vermiculosis, Dracunculus Medinensis, the Cestoid, or tape worms, of which there are several varieties. These parasites are introduced into the human body through improperly cooked animal food, through the fluids that are drank and from the atmosphere. Water and milk should be submitted to a boiling temperature, 212 Fahrenheit, before being taken into the stomach; meats should not be eaten until they are thoroughly cooked through.

Hints for Sudden Emergencies.

FOR dust in the eyes avoid rubbing—dash water in them: remove cinders, etc., with the round point of a lead-pencil. Remove insects from the ear by tepid water; never put a hard instrument in the ear. If an artery is cut, compress *above* the wound; if a vein is cut, *below*. If choked, get upon all fours and cough. For light burns dip the part in cold water; if the skin is destroyed, cover with varnish. Smother a fire with carpets, &c., water will often spread burning oil and increase the danger. Before passing through smoke, take a full breath, and then stoop low, but if carbon is suspected walk erect. Suck poison wounds unless your mouth is sore; enlarge the wound or cut out the part without delay; hold the wounded part to a hot coal or end of lighted cigar. In cases of poisoning excite vomiting by tickling the throat or

by water or mustard; for acid poisons give acids; for opium give strong coffee and keep moving. If in the water float on the back with the nose and mouth projected. For apoplexy raise the head and body. For fainting lay the person flat.

A sure cure for Cholera and Cholera Morbus in their primary stages.

TAKE equal parts of tincture of Cayenne pepper, tincture of opium, tincture of rhubarb, essence of peppermint, and spirits of camphor. Mix well. Dose, twelve to thirty drops in a little water, according to age and violence of symptoms, repeated every fifteen or twenty minutes until relief is obtained.

To Invalids

SUFFERING from catarrh, throat affections of any nature, bronchitis, asthma, consumption, dyspepsia, liver, kidney, urinary or blood diseases, and blood poisons, hemorrhoids, fever and ague, malarial fever, nervous disorders, skin diseases, fetid breath, rheumatism, neuralgia, scrofulous enlargements or discharges, general debility, etc., etc., in their incipient or advanced stages, I would respectfully advise a consultation at my office, either personally or by letter. I have had

20 years of the most varied and extensive experience in the treatment of chronic ailments, and have cured thousands of cases of supposed incurables. I am perfectly familiar with all the processes of cure—homeopathic, allopathic, electropathic, hydropathic, eclectic, etc., etc., and have all the facilities, philosophical, instrumental, or medical at hand to aid in the treatment and cure of any known chronic complaint. Sickness is a serious business, and life is too short to indulge the luxury very long at a time. I, therefore, cannot impress too strongly upon the mind of my reader the great importance of attending to your pains, aches, or diseases of whatever nature they may be in their primary stages. Do not wait until they become chronic. If you are ill to-day, do not wait until to-morrow before you seek relief. Help to-day may prevent your death to-morrow. I have offices in the principal cities of this country, and have skilled physicians to represent them. If you reside in the neighborhood of my office anywhere, go to it. There will be no charge for consultation or advice. My office and residence is in New York City, and I can always be found at home.

Practical Applications.

I.

THE first step towards the reduction of disease is beginning at the beginning to provide for the health of the unborn. The error commonly entertained, that marriageable men and women have nothing to consider except wealth, station, or social relationships, demands correction. The offspring of marriage, the most precious of all fortunes, deserve surely as much forethought as is bestowed on the offspring of the lower animals. If the intermarriage of disease were considered in the same light as the intermarriage of poverty, the hereditary transmission of disease, the basis of so much misery in the world, would be at an end in three or four generations.

II.

Greater care than is at present manifested, ought to be taken with women who are about to become mothers. Wealthy women in this condition are often too much indulged in rest and are too richly fed. Poor women in this condition are commonly underfed and made to toil too severely. The poor, as we have seen, fare the best, but both practically are badly cared for. Nothing that is extraordinary is required for the women during the condition named. She needs only to live by natural rule. She should retire to rest early; take nine or ten hours' sleep; perform walking or similar exercise,

to an extent short of actual fatigue, during the day; partake moderately of food, and of animal food not oftener than twice a day; avoid all alcoholic drinks; take tea in limited quantities; forego all scenes that excite the passions; hear no violence of language; be clothed in warm, light, loose garments; and shun with scrupulous care every exposure to infectious disease.

III.

The mortality from the uncontrollable causes of disease amongst persons of advanced life, is best prevented by providing against sudden vicissitudes of heat and cold. The primary care is to guard against sudden change of vascular tension from exposure to heat when the blood-vessels are weakened by cold. Such exposure is the cause of nearly all the congestions which occur during winter, and which carry off the enfeebled. The sound practice is to maintain the body, at all hours and seasons, but especially during the hours of sleep, at an equable temperature.

VI.

The idea that excessive physical exercise is a sound means of promoting health is erroneous. Man is not constituted to be a running or a leaping animal like a deer or a cat, and to raise the physical above the mental culture were to return to the shortness and misery of savage life. Physical training, which should be moderately encouraged, should be refined and made secondary to mental

training. Every rash and violent feat of competitive powers should be discountenanced.

V.

The combination of mental and physical fatigue, as it is practiced in many pursuits at this time, is exceedingly injurious. Long journeys each day to and from the sphere of profession or business, are hurtful. The idea that mental labors may be advantageously supplemented by violent muscular exercise, such as is implied in volunteering long and fatiguing walks, or laborious exercise on horseback, is an error. Moderate and regular exercise at the same time, favors mental work. The practical point is so to regulate the physical labor that it shall not induce fatigue.

VI.

One of the surest means for keeping the body and mind in perfect health consists in learning to hold the passions in subservience to the reasoning faculties. This rule applies to every person. Man distinguished from all other animals by the peculiarity that his reason is placed above his passions to be the director of his will, can protect himself from every mere animal degradation resulting from passionate excitement. The education of the man should be directed, not to suppress such passions as are enobling, but to bring all under governance, and specially to subdue those most distructive passions—anger, hate, and fear.

VII.

To escape the evils arising from the use of alcohol, there is only one perfect course, namely, to abstain from alcohol altogether. No fear need be entertained of any physical or mental harm from such abstinence. Every good may be expected from it. True, a certain very qualified temperance, a temperance that restricts the adult to a strict allowance of one ounce and a half of alcohol in each twenty-four hours may, possibly, be compatible with a healthy life ; but such indulgence is unnecessary, and encourages the dangerous desire to further indulgence. A man or woman who abstains is healthy and safe. A man or woman who indulges at all is unsafe. A man or woman who relies on alcohol for support is lost.

VIII.

Smoking tobacco, and the use of tobacco in every form, is a habit better not acquired, and when acquired, is better abandoned. The young should especially avoid the habit. It gives a doubtful pleasure for a certain penalty. Less destructive than alcohol, it induces various nervous changes, some of which pass into organic modifications of function. So long as the practice of smoking is continued, the smoker is temporarily out of health. When the odor of tobacco hangs long on the breath and other secretions of the smoker, that smoker is in danger. Excessive smoking has proved directly fatal.

IX.

Indulgence in narcotics, opium, chloral, chloroform, chlorodine, ether, absinthe, and all others of the class, is an entire departure from natural law, and should not be indulged in. There are said to be 200,000 opium eaters in the United States. What an army of slaves! This habit has been entailed upon its victims by medical men giving preparations of opium to relieve pain. What a commentary upon the intelligence of the medical practitioner of the present age.

X.

The food on which the man who would be healthy should live, should be selected so as to ensure variety without excess. Animal food should not be taken oftener than twice daily. The amount of animal and vegetable food combined should not exceed thirty ounces in twenty-four hours, and for the majority of persons an average of twenty-four ounces of mixed solid food, a third only of which should be animal, is sufficient. All animal foods should be eaten while they are fresh, and after they are well cooked. The habit of eating underdone flesh is almost a certain cause of parasitic disease. The amount of fluid taken, in any form, should not exceed the average of twenty-four ounces daily. Water is the only natural beverage.

XI.

To escape the injuries arising from impure air, it is necessary to attend to the following rules: To

avoid the admission into closed apartments of air charged with any substance that offends the sense of smell; to avoid surcharging the air with vapor of water; to keep the temperature in every room as nearly as possible at the safe standard of 60° Fah. To take ample means for allowing air to escape from the room by every available outward draught; to admit air freely at all times, and when a room is not in use, and the external air is not charged with moisture, to allow the entrance of air from without through every window and door.

XII.

Enforced idleness by those who have acquired wealth, is always an error so long as the health is good. Men of business should never actually retire while they retain fair bodily and physical faculty. It is one of the greatest errors to attempt to enforce idleness on others from the mistaken sentiment of wishing to place them beyond the necessity for work. This is against nature; the earth, which is itself ever in motion, demands even the motion of cultivation from its inhabitants, that it may be a garden properly arranged from age to age. Those, therefore, who have idleness thrust upon them by their progenitors, should throw it off as if some necessity for work were equally theirs; by this plan they will live longest to enjoy the greatest happiness.

XIII.

The natural duration of sleep is eight hours out of the twenty-four, and those who can secure this

lead the soundest lives. It is best taken from ten to six o'clock, and it is most readily obtained by cultivating it as an automatic procedure. All stimulants, all excitements, all excessive fatigues pervert sleep, even if they do not prevent it. The room in which sleep is taken should be the best ventilated and the most equably warmed room in the house. The air of the room should be maintained at the natural standard of 60° Fah., and the body of the sleeper should always be kept completely warm. The bed should be soft and yielding. A regular tendency to sleep at other hours than the natural is a sure sign of error of habit or of nervous derangement.

XIV.

Dress, to be perfectly compatible with healthy life, should fit loosely, should be light, warm and porous, should be adapted to the season as to color, should be throughout every part of the clothing, upper as well as under, frequently changed, and should be at all times scrupulously clean. The wearing of clothes until they are threadbare, is an invariable error in all that respects the health, to say nothing of the comfort of the wearer. All bands or corsets which in any way restrict the course of the blood, in any part of the body, are directly injurious. Dresses dyed with irritating dyestuffs, ought to be carefully avoided.

XV.

Connected with cleanliness of clothing as a

means of health, is personal cleanliness. Perfected action of the skin, so essential to the perfect life, can only be obtained by thorough ablution of the whole body. The ablution ought strictly to be performed once every day. It is best to train the body to the use of cold water through all seasons, so that the requirement for water of a raised temperature may not become a necessity. The simplest and best bath is the ordinary sponge bath. The occasional use of the hot air or Turkish bath is an important adjunct of the means of maintaining health.

Catarrh.

CATARRH is chiefly located in the head, and is a disease of the mucous membrane lining the cavities of the nose and throat. It is invited during enfeebled and devitalized states of the system; and is directly caused by the growth on the mucous surfaces of microscopic mould and animalcules which obtain lodgment in the body because of favorable constitutional conditions.

The atmosphere at large is more or less filled with the floating spores of invisible fungi, which are developed and intensified according to local conditions. When inhaled into systems suffering a

low state of vitality, these spores or seeds develop a mould or fungus very rapid in growth, and in the fibril of which are hatched myriads of microscopic animals. These living organisms, which at first feed upon the plant itself, in due course of time become parasites and feed upon the algæ expelled from the mucous membrane of the affected part. Catarrh is immediately caused by the irritation incidental to the growth of both plants and animals, the depositing of spores, and the constant feeding of the animals upon the vital substance, the tissues. Fig. 1 shows the germs of Achorion Schonleinii as found in the algæ expelled from the membranes affected by this disease.

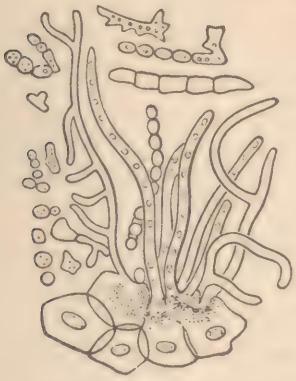


FIG. 1.
ACHORION SCHONLEINII.

Catarrh of the Throat and Lungs.

PHARYNGITIS, TRACHITIS, BRONCHITIS AND ASTHMA.

THE same inflammation described under Catarrh, may follow the mucous membrane as it proceeds downward, lining the cavities of the pharynx, larynx, trachea, and bronchia. Its course has already been discussed (see Catarrh), although it should be distinctly borne in mind that the presence and

growth of parasitic organisms, as well as other general or special causes, occasion different symptoms, according to the functions and conditions of the different organs involved.

Consumption.

THIS scourge of the human race has at length come to be regarded as a curable disease, since the evidences of this fact are too numerous and well authenticated to make denial longer possible. Because, however, of the incredulity and impatience of the average sufferers from this malady, its treatment is, even to the successful physician, the most undesirable of tasks. While this lamentable disease has been assigned to a great variety of causes, late investigations have proven that they have never been wholly known and enumerated. The form identified with catarrhal inflammations, whether of the head, throat, or windpipe, is caused by the parasite already referred to under Catarrh. (See Fig. 1.) When the disease has its origin in the influx of poisonous blood, it is intensified by the irritation of foreign bodies contained therein; while the tuberculous and ulcerated stages are induced by infinitesimal animals of a type quite as malignant and destructive as those which are the direct cause of cancer. There is a variety of parasites involved in the disease suited to various incisive stages.

Dyspepsia.

THE first cause of this disease is an enfeebled condition of the stomach, which is induced by a variety of circumstances. The eating of foods excessive in quantity or improper in quality, with other bad habits, in due course of time reduces the supply of gastric juice necessary to digestion, creates fermentation, and in other ways produces inflammatory weakness of the lining membranes of the stomach. We cannot too frequently repeat that it is only under conditions of

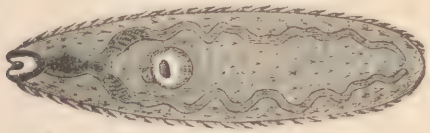


FIG. 2. FASCIOLA GASTRA.

reduced vitality and non-resistance that either the general system or any organ thereof may be imposed upon by foreign matters. In this instance, then the weak stomach cannot dispose of either the cryptogamous plants that enter with the food and water, or the animal organisms, the germs of which they contain. The result is that most distressing complications are brought about by the constant reproduction and irritating growth of Torula and accompaning parasites. (See Fasciola Gastra, Fig. 2.)

Liver Diseases.

ALL the leading disorders of this, the largest gland in the human body, are caused by the presence and growth of microscopic

FIG. 2.—FASCIOLA HEPATICA.

vegetables and animals located in the vital substance of the organ. The spores of these foreign bodies are to be found in vast quantities in the circulating fluids of the body, and, according to existing pathelogical conditions, may take up their abode in any gland or tissue visited by the blood. The torpid states so prone to the liver occasion for these spores an easy lodgment therein; and the peculiar office of this gland as the strainer of the blood invites unto itself every variety of these plants and parasites common to animal bodies. The various forms of liver disease, Hepatica, Acute and Chronic Inflammation, and Liver Consumption, are directly caused by their normal excitation incidental to the spawning of a foreign fungus and the growth and feeding of myriads of microscopic animals. (See Fasciola Hepatica, Fig. 3.)

Skin Diseases.

WHILE these are often caused by derangements of the internal viscera, they are sometimes the result of the presence and operations of cryptogamic organisms. Among others, the skin affections characterized by black-headed pimples, blotches, etc., are occasioned by worms visible to the unaided eye. (See Entozoon Folliculorum, Fig. 4.) There are forms, however, produced by parasites, both vegetable and animal, too minute to be seen without the use of an instrument Those caused by the parasitic plant are the *Tinea Favoso*, commonly exhibited on the scalp, and the *Tinea Tonsurans*, or ring-worm. On the other hand, the cutaneous disease known as scabies, or the itch, is caused by the irritations of an animal parasite. These diseases are generally contagious by contact.

Fig. 4. ENTOZOON FOLLICULORUM, OR BLACK HEADED WORMS.

Neuralgia and Neuritis.

NEURALGIA may be either constitutional or local, and consists of an augmented and perverted sensation, resulting from diseased states of the nerves or their centres.

These diseased conditions are variously caused. In the more common constitutional forms they are promoted by impoverished blood, poisoned by uric acid and bile, and intensified by a microscopic parasite named Distoma Hæmatobium. (See Fig. 5.) The local forms of this disease, characterized by an inflammation of the enveloping sheath of the nerves, or the growth of tumors immediately about, or the nerve inflammation designated by the name of Neuritis, are all equally caused by the irritations provoked by foreign organisms operating in the blood.

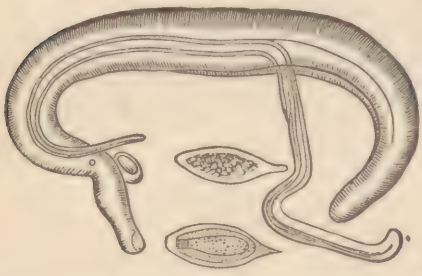


Fig. 5. DISTOMA HÆMATOBIUM.

Scrofula.

SCROFULA, anciently called King's Evil, is a disease which has come to be regarded as almost synonymous with consumption. It has its origin in the blood and glandular system, and is characterized by deposits of material in the body that is utterly foreign to its healthy constitution. While hereditary predisposition has been

accepted as one of the chief causes of this disease science has discovered other and very serious causes. The most important of these is the presence of an infinitesimal parasite in the lymphatic glands, the consequence of which is the ultimate germination of poisonous material in the form of the tubercle. This animal has been called the Sclerostoma Lymphatica, and is represented in Fig. 6.

FIG. 6. SCLEROSTOMA LYMPHATICA.

Cancer.

WHILE Cancer appears to be a local disease, it is only of this nature in its earliest forms; for no sooner does ulceration take place than the whole system becomes infected with its subtle and peculiar poisons. Wherever located, and whatever the form of this disease, it is directly caused by conditions in the blood induced by the presence of foreign poisonous fungus and accompanying animalcules. Under all circumstances the substance of the cancer cell will be found to contain living vegetable or animal organisms of a malignant nature. These may be conveyed by the blood to every part of the system,

FIG. 7. DIATOMA SCIRRHOSA.

furnishing an explanation of the more or less universal character of this dreadful malady. (See Fig. 7, *Diatoma Scirrhosa.*)

Pork Disease.

THIS very painful and often fatal malady was among the first, the cause of which was traced to the existence of a parasite. The infinitesimal animal is admitted to the system through the stomach from eating raw or imperfectly cooked meats. Swine's flesh, in any form, ham, bacon and sausages in particular, is a more dangerous medium than any other, for the reason that it conveys the trichinæ into the human body in a state most highly favorable for their growth and procreation. (See Fig. 8.) On the seventh day after their introduction their young penetrate the mucous linings of the intestines, enter the blood, and are distributed in due time throughout the whole muscular system. In their adult state, they chiefly infest the intestinal canal, where they measure 1-78th of an inch in length. It has been estimated that one ounce of cat's flesh has contained 325,000 of these parasites, while the human body may contain as many as one thousand millions.

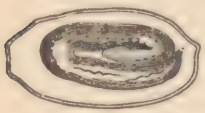


FIG. 8. TRICHINÆ.

Fevers.

ALL forms of fevers—Remittent and Intermittent, Typhus, Typhoid, Scarlet and Yellow, together with Measles and Smallpox—have a common origin, whether endemic or epidemic, in the admission to the system of infectious fungi and parasites. These diseases affect the system at large, and are characterized by constitutional derangements. Agreeable with these

FIG. 9.—FASCIOLA MIASMATICA.

admitted facts, the blood and tissues will be found poisoned with foreign accumulations induced by exposure to miasma. In Typhoid and Typhus fevers, the germs of the animalcules are deposited in the glands of the bowels, and in the latter disease, the parasites are the active cause of the tendency in the fluids to putrefaction. (See Fasciola Miasmatica, Fig. 9.)

Leucorrhœa,

OR Fluor Albus, is a disease characterized by a white mucous discharged from the lining membrane of the vagina and uterus. The affection is remotely caused by weakness, and directly by the local irritation of a parasite designated as Trichomonas Vaginalis. (See Fig. 10.)

FIG. 10.
TRICHOMONAS VAGINALIS.

Tape Worm

IS the name commonly applied to the *Tænia solium* (see Fig. 12.) an individual of the Cestoid family, of which there are over 200 varieties. While some of these are hardly visible, others, particularly the above variety, common to man, may attain a length of 100 feet and a breadth of one inch. The eggs of a Cestoid are admitted to the system by eating raw or indifferently cooked

FIG. 12.—TAPE WORM.

meats, particularly the flesh of swine and sheep.

Upon admission to the system through the stomach, these eggs enter the blood vessels, are conveyed by the circulation to the various parts of the body, and in due time are developed into larvæ. If flesh containing these animal embryoes is well

cooked, the heat will kill them. Otherwise, they will certainly hatch and develop into the Cestoide.

Diseases of the Hair.

IT were hard to attach too much importance to the scientific discovery of the cause of the premature loss of the hair. Baldness, grayness, and other diseased indications, are now known to be directly occasioned by a destructive parasite called Trichophyton Tonsurans. (See Fig. 11.) These microscopic animals, whose spores are deposited in the follicles of the hair, are found in numbers from the immediate point where the shaft quits the skin along the whole tube to the basement of the bulb. The hair may be saved and renewed by any agency capable of destroying the organisms that have possessed themselves of the follicles from the base of which it grows.

FIG. 11.
TRICHOPHYTON TONSURANS.

Cold in the Head—Nasal Catarrh, Consumption, etc.

DISEASES of the organs of respiration are so common in this country that almost every person of adult age has had more or less experience with some of them. I propose to indicate, in as brief a manner as possible, the symptoms and treatment of the most common of this class of maladies, and to point to the imminent danger involved in their issue if neglected.

The Organs of Respiration consist of the Nose, Throat, and Lungs, or rather the air passages are continuous from the nose to the lungs, there being no break or interruption in the membrane lining the intervening parts. Disease, in a large majority of cases, has its origin in the membrane lining the cavities of the nose. When this part of the membrane becomes inflamed, as it is very liable to be from many causes, but chiefly from atmospheric vicissitudes, it is called NASAL CATARRH; and, from its continuity to the membrane lining the throat, larynx, windpipe, and bronchial tubes, becomes the forerunner, if neglected, of *pulmonary consumption.* This declaration is not made to startle or alarm people laboring under catarrh, but simply to point out the fact that catarrh is the great feeder of consumption, and that it is a fatal mistake to disregard its presence when it is known.

Alas! how many who are now struggling in the iron grasp of consumption but know too sensibly

their disease commenced in the nose as a "common cold," which, by neglect, insidiously crept toward the lungs, where it is now doing its fatal work!

Consumption has several stages. It has a first or "forming" stage; a middle or "confirmed" stage; and a last or "ulcerated" stage. The lungs do not become immediately stuffed with tubercles or corroded by foul ulcers. It is only after months and after years of irritation of slow, insidious progress —from the slight "catarrh" to the seated "bronchitis;" from "bronchitis" to the first deposition of a little speck of "tubercular matter" in a single lobule; from the first deposition of tubercle to the filling up of a whole lobe or a whole lung with this matter, and its festering and burrowing among the delicate air-cells, till the whole of the lung diseased becomes reduced to a mass of hopeless disorganization—that this dreaded malady reaches the last and final stage. The error is too wide-spread among the people, and too general even among physicians, to regard consumption as a disease, marked not only by "cough," but by the expectoration of "pus," by "hectic fever," "night-sweats," and wasting of flesh and strength—in other words, to apply the name consumption *only to the last stage of the disease.* Were this otherwise, we should not have to listen, with feelings of sorrow, to such expressions as, "it is only a catarrh;" "the disease is all in the throat;" or "it is only a slight bronchial affection." Alas! there are few who suffer from these affections, trifling and unimportant as they may seem, that do not sooner or later fill a consump-

tive's grave. We should not, therefore, lose sight of the disastrous consequences to which catarrh gives rise. We know that it exists, in a greater or less degree, in all forms of pulmonary disease; that it usually exists before any symptoms of disease in the lungs have been manifested, and that it is the direct consequence of those "colds in the head," which become practically known to most of us two or three times every year. We regard CATARRH as a great feeder of pulmonary irritation, and do not believe we can by any other means so effectually guard the lungs from disease as by cutting off the catarrhal affections.

CATARRH, CONTINUED—ITS SYMPTOMS, ETC.

From the frequency of catarrhal affections as forerunners of genuine tubercular consumption, the relationship between "colds, coughs, and consumption," is unquestionably that of cause and effect. Too much attention can not be given to this fact.

By "CATARRH" commonly called "cold in the head," is meant an inflammatory affection of the mucous membrane that lines the cavity of the nose. This membrane, as before intimated, extends downward, lining also the throat, larynx, windpipe, and bronchial tubes. We breathe through the nose; hence, that part of the mucous membrane which lines the nasal passages, first receives injury from sudden changes of temperature in the air, or from any irritating matter it may contain. There are two kinds of catarrh, distinguished as "acute" and "chronic."

The symptoms of "acute catarrh" are, first, a sense of heat and difficulty of breathing through the nose, The passages seem to be stuffed or obstructed, and yet at the beginning there is no secretion to cause this feeling. If you now examine the lining of the nostrils you will find the membrane dry, red, swollen, increased in thickness, and very irritable. Try to inhale the cold air through them and the attempt excites "*sneezing*."

The irritation may extend from the lining of the nose to the frontal sinus, producing pain over the forehead. It may also extend over the lachrymal canals, which convey the tears from the eyes, closing them up as it has done the nose, in which event the lids become red and swollen, and the eyes weep. The skin is hot, the pulse increased in frequency, and a feeling of chilliness is felt over the whole body. After a time the nose begins to run "clear water," and the discharge is so profuse as to keep the handkerchief in almost constant demand. Gradually this acrid water becomes thicker and less irritating, changing its color to yellow. As this change takes place the nostrils become free, and the secretion diminishes till the health of the patient is seemingly restored. This is the usual course and termination of a "cold in the head" or "catarrh," when confined to the nose. But it may possibly extend to the THROAT, involving the *fauces*, *tonsils* and *uvula*, and when it does this, the disease is called "QUINCY." A simple cold in the head may also proceed along the eustachian tubes of the ear; when it does this it causes DEAFNESS, either

partial or absolute; but the most common course of catarrh is to creep insidiously down to the lungs, when it is properly known as a "COLD IN THE CHEST," and professionally by the name of "BRONCHITIS."

"CHRONIC CATARRH" follows the "acute" form, and is generally the consequence of leaving "a simple cold" *to cure itself.* It is met with in several forms. In the "first" we have merely a discharge of straw-colored mucus, which accumulates in the posterior nares, or above and behind the soft palate, and is "hawked" and cleared out from time to time during the day. In the "second," there are small sores formed on the inside of the nose, and the secretions become dry and hard, requiring a good deal of attention to keep the passages free from the scabs or hardened mucus that form at such time. In the "third," the secretions have a purulent character, and drip down "from the head" into the throat, and may be seen hanging down in festoons from the posterior nares. In this latter form the sense of smell becomes impaired and sometimes entirely destroyed; and when the ulceration eats through the membrane to the bone, *the smell of the breath becomes exceedingly offensive* and unpleasant both to the patient and friends. Sometimes this discharge will induce retching and vomiting before the offending matter can be removed, especially in the morning when the effort is made to remove the offending secretions which accumulate during the night, and which sensibly obstruct respiration.

Generally, during the Summer months, the active

symptoms of chronic catarrh become mild, but return regularly in an aggravated form as Winter approaches.

Catarrh of the Nose, Palate and Tonsils.

I will consider the effects of catarrh upon the palate and tonsils, as it makes its first advance from the nose toward the lungs.

After inflammation of the lining membrane of the cavities of the nose has existed a certain length of time and become chronic in its character, the tractile power of the palate becomes impaired or lost, and it prolapses so as to touch or lie upon the base of the tongue. This occurs most frequently in persons of anæmic or scorbutic habits; still, the most robust cannot claim exemption from this condition if the disease has existed long enough to demoralize the vital powers of the parts involved. When the palate has thus "fallen," it creates an irritation in the throat, and an almost constant desire to clear the fauces of an offending presence. Harsh, scraping coughs, or chest efforts to "clear away" obstructions in the air-passages, become frequent and tiresome, to obviate which the person so affected will often make involuntary efforts, by closing the lips, to swallow something that sticks in the throat.

Now, it is plainly understood that the cause of this elongated palate is the catarrh pre-existing in the back part of the nasal cavities. Knowing this, how absurd would it be to cut off the palate with the expectation of curing or reaching the real cause

of the prolapse! And yet this is the practice we see daily employed by many who have no confidence in any other system of treatment. Even upstart specialists join the cutting crew and stand, with scissors and spoon, ready to cut wherever a palate is drooping. Shame and derision should confound and forever banish this cruel and irrational practice. Look at it! Cut off the palate and what have you done toward curing the disease? Does not the inflammation of the posterior nares continue to exist? and will it not extend itself to the tonsils, the fauces, and finally reach the lungs? What have you done but to silence the voice of the sentinel forever whose office was to apprise you of danger?

Immediately behind and at the base of the arch of the uvula are found the TONSILS, which in turn, after the palate, become inflamed and enlarged by the dripping of the acrid secretions from the posterior nares. Sometimes these glands become so large as almost to entirely obstruct the air from passing to the lungs, and food from entering the œsophagus. When this inflammation is acute, it is called *Quincy;* when sub-acute and diffused, *Diphtheria;* and when chronic, it is called *Tonsilitis*, and sometimes *Sore Throat*. By whatever name, however, it may be known, it is nevertheless the same old catarrh, journeying from the nose to the lungs, and gathering new and increased strength with every new territory it invades. If we look into the throat now, we will see two red, fleshy balls, with rough and uneven surfaces, protruding

into and partially filling the faucel cavities. At this stage of catarrh, there is always more or less disturbance in the forces of the system.

Chronic Laryngitis, Commonly Called "Clergymans' Sore Throat."

THIS is, by far, the most important form of laryngeal disease, since it springs from slight causes, and is a very common and most distressing malady. It always ends in more or less injury to the voice, and too frequently in *Consumption.* The symptoms are generally very mild in the commencement, and liable to mislead the patient into the idea that there is no danger. Sometimes a little *pain* is felt in the larnyx, but more commonly only a *tickling* sensation, which provokes coughing. Many persons complain of a sense of *something tickling* there, and to get rid of it they are constantly *rasping* and clearing the windpipe. Usually, we find a striking change in the *breathing* in the *voice.* The breathing becomes loud and prolonged, as the obstruction increases, and when it has become considerable, we have a peculiar stridulous sound. The voice is almost always changed. At first it is hoarse, and then gradually becomes more and more feeble, as the disease progresses, till it is scarcely audible. If ulceration of the vocal cords takes place, we have a total loss of voice.

These symptoms are only present in the severer forms of Chronic Laryngitis; in the majority of cases only a feeling of obstruction is experienced, and the effort to clear this away occupies a considerable part of every conversation with a friend. One of the first effects produced in the mucous membrane, by Chronic Laryngitis, is a thickening. Its surface becomes hard, rough and irregular, which, extending to the vocal cords, destroys the freedom of action.

Chronic Laryngitis very frequently occurs from excessive use of the voice. This form of disease is very common in clergymen, lawyers, and all public speakers. The vocal organs, by straining and over use, become exhausted and lose their tone. There are various phases of this disease, from the slight huskiness and failure of voice, from which many clergymen painfully suffer every Sabbath, to those destructive ulcerations of cartilages, marked by the total loss of voice, severe and almost constant cough, and expectorations of frothy mucus, mingled with pus. The most intimate connection exists between affections of the throat and those of the larynx. The reason is easily understood. Every breath you draw passes directly from the inflamed throat into the larynx. They form but different parts of the same tube, and are lined by a common membrane—one over which irritations spread rapidly. Again, the parts are in immediate contact, and the mucus secreted in the throat becomes entangled about the epiglottis and entrance into the larynx, and is often

drawn in by one inspiration and forced out by the next expiration. Chronic Laryngitis often occurs in advanced stages of consumption, from the irritation produced by the pus discharged by the lungs. It is one of the most distressing complications of consumption, and adds doubly to the patient's distress. In this form there is always more or less Ulceration about the vocal cords, beginning on the lower side, and gradually extending upward. These ulcers often penetrate through the mucous and cellular membranes, involving the muscular tissues, and not unfrequently attack the ligaments and cartilages themselves.

Acute Bronchitis, or Catarrh in the Bronchia.

AVING already called attention to the parts involved in that fearful disease, Laryngitis; next in order, as we pass toward the lungs, we have the trachea, or throat division of the windpipe, by which, bifurcating at its lower part, the grand division of the bronchial tubes are formed. One enters the right lung and the other the left, and each subdivides again into innumerable smaller tubes, till they resemble the branches of a tree in their ramifications, which are as intricate and minute as the fabled mazes of Mythos.

The bronchial tubes, commencing at the lower part of the trachea, are entirely within the lungs;

and, hence, an inflammation of the membrane lining these tubes is, *per se*, a disease of the lungs and not of the throat as is generally supposed. This membrane—a delicate, transparent covering of the muscular fibre of the air tubes—is liable to disease from a variety of causes, among which are sudden changes of weather, impure air, the dust of work-shops, inhaling noxious gases, etc. When it becomes involved in inflammation its action is deranged, the character of its secretions altered, and a train of morbid symptoms of a more or less grave character, both local and constitutional, are set up. If the inflammation is acute, we have a hard, dry, hoarse cough, commencing like a common catarrh, attended with a sensation of heat, dryness of the throat, and nasal passages, with alternations of chills and fever. As it progresses, respiration becomes difficult, the lips and cheeks become purple, changing to a livid paleness, the countenance grows anxious, the eyes stare wildly, a cold sweat breaks out upon the face and hands, delirium comes on, and the patient relapses into the stupor of death, which result frequently ensues in forty-eight hours after the attack first comes on.

Generally, however, acute bronchitis is a mild disease, and subsides entirely at the end of a week or ten days, or having only the cough and expectoration after the fever has disappeared, constituting what is termed chronic bronchitis, or what was known to the faculty formerly as "*tussis*," "*catarrhus senilis*," "*bastard peripneumony*," and the "*peripneumony notha*" of Sydenham. Its decadence is

marked by the expectoration of a thin, saltish, irritating water, scanty at first, but gradually growing copious, whitish, more thick, and finally yellow. When the sense of chillness subsides, the pulse loses its frequency, the oppression in the chest passes off, and the patient rapidly convalesces, or the disease settles into chronic bronchitis.

In treating this disease we have seen the most happy and beneficial effects of Inhalation, after a judicious antiphlogistic treatment has been employed. Emollient inhalations will, if properly used, afford in an almost incredibly short space of time, the greatest relief. By inhaling these simple remedies, the difficulty of breathing, and the oppression of the chest have been rapidly removed, the heat and parched condition of the skin become moist, the cough quiet, and the expectoration easy. Who that has witnessed the soothing effects of warm fomentations applied to the external surface of the body, can doubt the value and superior efficacy of soothing vapors, properly medicated, when inhaled and transmitted along the inflamed membrane of the bronchia?

Chronic Bronchitis, or Catarrh in the Bronchia.

WHEN the lining membrane of the bronchial tube is inflamed, it is called "*bronchitis*," of which there are *two* kinds, distinguished as "*acute*" and "*chronic bronchitis*."

We will present now some of the characteristics of chronic bronchitis.

By the inexperienced and unskilled, the disease is often mistaken for consumption ; for the mucous membrane, sooner or later, becomes altered in structure, and pours forth a matter which has all the qualities of pus, when the usual hectic fever supervenes, and the disease tends as certainly to a *fatal* termination as consumption. Of the chronic form of *bronchitis* there are several varieties, one of which we meet as a *Winter cough*, making its appearance regularly as the Winter season approaches, and partially subsiding on the return of Spring. This form of bronchitis is incurable by any other means than inhalations ; and, if neglected, will as certainly break down the structure of the lungs as consumption.

Another form of bronchitis is distinguished by an excessive humoral discharge from the lungs, resembling gum-water, ranging from one to several pints during the twenty-four hours. Usually there are two fits of coughing in the day—one in the morning, and the other in the evening. There is considerable difficulty in breathing while the coughing paroxysm lasts, but as soon as the viscid secretion has been ejected it subsides. This disease enfeebles the patient very much ; but he may, however, live for years, and be able to attend to light duties ; but gradually the countenance assumes a pale, bluish tint, the body wastes, the blood becomes thin, and death ensues apparently, from the constant drain upon the lungs.

There is still another form of this disease, called *dry bronchitis*, produced by a thickening of the mucous membrane of the air tubes, by which they are very much diminished in size. There is a scanty secretion of a dense, glutinous kind of matter, variously tinted, sometimes greenish, again blue or white, and not unfrequently, after a rasping cough, streaked with blood or russety. This affection is so common in this climate that a careful examination of the chest would doubtless reveal its existence in many who are nursing the fatal delusion of entire exemption.

The symptoms by which dry bronchitis is known are not marked by much severity, till it has advanced to its later stages, when a little exertion will produce much shortness of breath, arising from the obstructed bronchial capacity. When a large portion of the lung is involved, a sense of oppression is felt after meals on making slight exertion, which is frequently referred to as the result of a full stomach, or some other than the true cause. After a time, however, there is felt a tightness in the chest, with a rasping cough, several times through the day, which enables the patient to expectorate a tough, jelly-like substance to clear the throat. If you ask such whether they have a cough, they will answer "no," and yet almost in the same breath, they will *hack* and raise the very substance I have described. If the stomach is deranged, it is fashionable to ascribe this cough to the stomach, or the result of nervous derangement, or liver disease—when these are but the signals of the inroads

being made upon the system by this very condition of the lungs. But there is something so gratifying in being assured that there is *no danger of consumption*, that the physician, giving this interpretation to the anxious inquiry, yields to the persuasive look, and cries, "Peace, peace, when there is no peace!" Thus human life is tampered with, till the fearful details of death are written indelibly in the hectic flush, the wasting frame, and the enfeebled step—till the silver cords are loosed, and the golden bowl is broken at the fountain. This is no fancy picture, for we see daily around us men and women sinking gradually under such influences into premature graves.

Symptoms of Consumption.

IT gives a startling importance to the subject upon which I write, when we reflect that of the crowd of men, women, and children we daily see thronging our streets, *one-fifth* will fall victims to the fell destroyer, *consumption*, unless rescued by appropriate treatment. Now let us in candor ask what promise have we to lessen this frightful mortality by the old system of treatment? Take up any practice of medicine—*Watson*, *Wood*, *Eberle*; *Hahnemann* or *Thompson*—or any standard works in our medical schools, and they all alike candidly avow that no treatment of consumption to them known has been more than palliative. Watch the practice of two physicians of equal

eminence, and see how opposite their mode of proceeding; but each lands alike his patient in death.

So sure are they of the fatal result, that they invariably deceive their patients at the beginning by saying it is "only a mere cold," or "slight bronchitis;" and if the patient spits blood, "it comes from the throat," and thus *the precious opportunity when the disease is most easily controlled, is allowed to slip by, never to be redeemed.* The very treatment, while it soothes the most distressing symptoms, masks the disease, and in many instances hurries on the catastrophe. When the disease has so far advanced that the patient almost despairs himself, he is then advised to go to Minnesota or take a sea voyage, in most cases deprived of the Oriental benediction of "dying among his kindred." Why patients trust themselves to physicians who openly proclaim in their books, and in their conversation, that they can do nothing for consumption, is an incomprehensible infatuation. If the physician has no faith in his ability to cure comsumption, it is the height of folly for the patient to trust him, and every dose of medicine he swallows should be accompanied by a profound meditation upon death.

I will now consider a few of the more prominent symptoms which herald consumption and by making them perfectly understood, will apprise the patient of danger in time to avert it.

The earliest symptom that commonly attracts attention is a slight, dry cough, occuring in the morning, and, perhaps, repeated two or three times

a day. This gradually increases in a few weeks or months in frequency, and a ropy, saliva-looking mucus is spit up, most abundant in the morning, and usually supposed to come only from the throat; but it is secreted from the air tubes, which are irritated by the neighborhood of the tubercles. Gradully yellowish specks appear in the expectoration, which ultimately becomes entirely yellow or green. The expectoration is not always a criterion of the amount of disease in the lungs, though it generally is. But I have seen persons die from the blocking up of the lungs by tubercle, who neither coughed nor spit the whole time.

It is of the utmost consequence that coughs should be attended to early, for although every cough is not the premonition of comsumption, most are! and it is a golden rule that the earlier it is attended to the greater the probability of cure. Spitting blood, or bleeding from the lungs, is sometimes an early symptom, but always a serious one in consumption. This symptom possesses a fearful interest, from the melancholy truth that it rarely happens, *except as a consequence of serious disease within the chest.* The loss of blood is an indication of the presence of tubercle within the lungs, and from these tubercles will arise, sooner or later, all those changes and symptoms which constitute consumption. On this point there is much error. It is by no means unfrequent for physicians to cheer their patients by the assurance that "*the blood has only come from the throat.*" Let me warn you against being deceived. The throat rarely bleeds!

In nine hundred and ninety-nine cases out of a thousand, when you cough up blood however small the quantity, that blood comes from the lungs, and speaks a terrible warning. Bleeding, however, does not always accompany consumption, but when you have it, if you value health, if you prize life, if you have any object that renders existence desirable, *begin at once* to earnestly resist the progress of this fearful malady, the seeds of which are sown in the most vital part of the body.

Shortness of breath is an early symptom, and is felt more on exertion, on ascending heights, going up hill, or up stairs. It is a mark of such importance that when it exists an immediate examination of the lungs should be had *by a competent and truthful person.* If, along with the shortness of breath, there is a wasting of the body and quickness of the pulse, *it amounts to a certainty that there is disease going on in the lungs.* When the pulse ranges above a hundred beats in a minute, the case is very grave. Some few cases are seen in which the pulse is preternaturally slow, and yet end fatally. The natural pulse is from seventy to seventy-five in a minute, the respiration fifteen to eighteen. Above this announces disease. Wasting is always to be looked on with suspicion when there is no evident cause for it. Shooting pains through the collar-bones and shoulders, or dull, burning pain in the chest, are fearfully significant. If the disease has advanced, hectic fever comes on toward evening, and goes off toward morning in a perspiration called "night-sweats," which is often enor-

mous in amount, occasioning great distress to the patient, and accelerating the catastrophe from the rapid wasting of the tissues, and the exhausting debility it produces. Hectic fever is gradual in its approach; at first a little creeping chill, felt for a few moments in the morning, followed by a slight pink of the cheek and slight sweat at night, but as the disease advances, these symptoms are aggravated and intensified. I have known it to be mistaken for ague, when the chill was decided.

In persons over twenty-five it sometimes occurs that the first deposit of tubercle is accompanied, not with a cough, but with dyspeptic symptoms, such as uneasiness in the stomach after eating, or heartburn, and indigestion. The end approaches when the physician mistakes the disease, and purges his patient for biliousness.

In females, the *suppression* of the *periodic excretions* often occurs in an early period of consumption, and the younger the patient the more rapid the fatal termination. When suppression occurs either in the young, the middle-aged, or the *change of life*, attended with a cough, sore throat, palpitation of the heart, on walking briskly up stairs, with a flattening of the chest under the collar-bones, and a tendency to stoop, then, indeed, disease of the lungs becomes too manifest to tolerate a doubt for one moment the existence of tubercle. And if, in addition to this, we observe the white of the eye become pearl-gray, with a slight spasmodic twitching of the upper lip and nose when speaking, it is

only to add confirmation to conviction, that the seeds of death are there.

If, under such circumstances, drastic emmenagogues are resorted to, to restore the impaired function, we only too surely hasten death by producing a rapid failure of the vital power.

Consumption.

SPITTING of blood is, with few exceptions, the precursor or companion of consumption, and that the smallest quantity mixed with the expectoration, is as significant as though there were pints coughed up; and therefore, on the appearance of this symptom, immediate recourse should be had to measures calculated to eradicate its deadly companion, Phthisis.

Consumption is divided into CHRONIC, LATENT, INFANTILE, SUB-ACUTE, and ACUTE, which I propose to describe *seriatim:* Chronic consumption runs its course in a period varying from a few months to several years; the average time being about twenty months. At first a slight, hacking cough comes on, which is most frequent in the morning when rising. It is dry at first, but after a variable interval, a little thick saliva-looking mucus is spit up, which, as it becomes more abundant, often deposits a grayish sediment resembling barley-water, which is only seen in consumption. The cause of this cough which at first is only a hack, is the irritation occasioned by the existence of tuber-

cles in the lungs, too often not suspected till too late. Sometimes the first symptom observed is the spitting of blood, often in very small quantities. In other cases a sore throat, or catarrh comes on from a slight exposure to cold, which, on subsiding, leaves the dry hack just spoken of.

Sometimes consumption is ushered in by a succession of chills and fever, that comes on with the regularity of ague, for which it is often mistaken. Others, again, first betray the fatal taint by a sense of heat in the hands and feet, and a slight flush on the cheek, most marked in the evening. A wasting of the body is often an early and always a serious symptom. Perspiration is increased at night, till at length the bed is fairly saturated in the latter stages. The wasting and debility keep pace with the amount of night-sweat. As a general rule, the appetite remains good, but in the second stage the food is frequently vomited after coughing. In women, the monthly sickness is generally suppressed; and the mistake is often made of attributing the lung disease to this, *instead of referring to consumption as the true cause of suppression.* Pain is often present, but not always. *As the disease progresses* the spits become streaked with yellow, changing into yellowish or grayish green, consisting of pure matter, mixed with specks of tubercle. When thrown into water they assume a round, flattened shape, covered with a ragged, woolly surface, and sink in the water. When cavities are developed in the lungs, they lose their rounded

shape and are expectorated in large, shapeless masses.

In this form of consumption, the patient does not always run a uniform course, but in some the patient appears to improve every now and then; he may be apparently well even for weeks or months and then be again prostrated totally, and this for several successive intervals. But this improvement is deceptive; how, I will proceed to explain.

A crop of tubercles are deposited upon the lungs; they soften and are expectorated, during which the patient is prostrated, after which he rallies till a new crop is sown or softened, which goes through the same routine, and this is repeated till the patient is exhausted. At every successive softening of a batch of tubercles, a portion of lung is broken down and expectorated, and the patient spits pus—has hectic fever, night-sweats, loss of flesh and strength, and often of appetite, and coughs very much at night. Then the symptoms improve, the cough disappears, and he regains flesh and strength. Now his friends think he is well, and he flatters himself that he is quite restored, but in a short time all the bad symptoms return. It is the occurrence of these intervals of temporary health that has given an ill-deserved reputation to Cod Liver Oil, and a thousand villainous nostrums for the cure of consumption, and upon which, also, the reputation of testimonial publishers depend; health being established for the time by Nature herself, which they refer to the last drug taken, or to the last quack employed.

The most eminent physicians content themselves with telling their consumptive patients to *live well, take out-door exercise, be prudent, and take very little medicine.* This is all very good advice. It is better then helping on the fatal result of the disease by preparations of morphine to soothe the cough at the expense of indigestion, making a sore on the outside of the chest to help the ulcer inside to finish the patient, purging to aid the disease to exhaust the sufferer, and the other fashionable modes of slaughter. This plan of leaving the case to nature is the better of the two evils, as the patient has a chance of a longer lease of life, although death is the almost invariable result.

Latent Consumption.

I HAVE described chronic consumption, and shall now take up the *latent* form.

Latent consumption is characterized by an absence of cough, expectoration, pain and spitting of blood, although the lungs be loaded with tubercles. These symptoms, in not a few cases, are absent even till death results ; but, in the majority, after a long period of ailing health, spitting of blood, cough, or pain set in suddenly, and the disease runs a rapid course. The tubercles existing in the lungs often work out their ill influences by secondary changes in the blood, and other diseases are set up which destroy the patient, and from the absence of the prominent symptoms of lung dis-

ease, the physician and patient are both led astray, and attention is directed toward removing the disease, which are the effects, instead of attacking the cause. Or, if the physician knows the cause, he conceals it for the patient's sake, because he knows no remedy. In such cases, the patient goes about with less alacrity than when in health; business is an exertion; he complains of various dyspeptic symptoms, heart-burn, pain in the stomach, water-brash, uneasiness during digestion, pains in liver or right shoulder, costiveness alternating with diarrhœa, disturbed rest, and emaciation more or less. The urine will even present the chemical and microscopic changes observed in functional or organic affections of the stomach and liver. Fistula in *ano* occurs almost exclusively in such cases, and appears to keep the tuberculous disease in check, as does also chronic inflammation of the peritoneum—investing membrane of the intestines—which often masks latent consumption, and is most frequently in females, while fistula is more common to men. Besides these, various other symptoms are complained of, indicating a diseased state of the body, and often puzzle the medical attendant.

The observant physician will generally see marks in the countenance of the patient that will make him suspect the existence of tubercles, such as the delicate appearance, the pearly hue of the white of the eye, varying in tint from the yellowish white in the fair, to deep, bluish gray in the dark complexioned, and a very slight spasmodic twitch of the corners of the mouth and nose in speaking, which

increases to a shiver over the cheek as the deposit in the lungs augments.

On examining the chest, depression will be found above or below the collar-bones, or both. When the deposit is great, these cones stick out, so to speak. On tapping in the immediate neighborhood of the collar-bones, sounds are produced, establishing the fact that tubercles exist in various stages of development—nay, even cavities, although there has been no cough. These cases are generally pronounced bilious or dyspectic, or anything but what they really are, and the treatment, of course, can not be appropriate. I would particularly impress the fact that active purging and loss of blood is an indication of the presence of *tubercles*, from which arises consumption. Physicians frequently cheer their patients by the assurance that the blood has *only come from the stomach.*

Infantile Consumption.

I HAVE described that insidious form of disease, latent consumption, and pointed out how constantly it is confounded with liver and other chronic complaints, to the great danger of the sufferer. I now enter on the subject of *Infantile Consumption.* It is commonly thought that this disorder is very rare under fifteen years of age, but the researches of Boudet, Papvoine and Trousseau prove that more than one-half of the children of the poor, and of those in the infant

hospitals of Paris die of consumptive disease, and this is approximately true of all large cities, so that from three years to fifteen, consumption is more prevalent and fatal than any other.

The causes of consumption among children are usually the circumstances in which they are placed, and not to inheritance, as is vulgarly supposed. Among the *poor*, impure air from living in narrow lanes, with yards reeking with filth and garbage; *dark, noisome rooms*, whose windows are rarely opened; *personal and domestic uncleanness* further contaminating the air; *bad food*, whereby healthy development is checked, and scanty clothing, exposing them to colds and inflammations, are the *four great causes* ever in operation to develop consumption.

Strange as it may appear, the same causes are active among the rich. Cooped up for at least twenty hours out of the twenty-four in hot, ill-ventilated nurseries, instead of spending half their time in exercising in the open air, they are fretted by a tedious operation of dressing, and then sent out for stately walks along the sidewalks with Bridget. Being so finely dressed, they must not play: it is—Master Charles, don't rub your gloves along the wall; Master Henry, don't walk in the dirt—and this to do them for air and exercise. The food, though not deficient, is, nevertheless, equally pernicious in quality. Instead of being kept on plain, nutritious food, they are too often indulged in all the varieties of the table, and their indigestion impaired by candies, sweetmeats and cakes. The

clothing, although expensive, is too often deficient; the bare arms and legs, which imperious fashion exacts, are direct causes of almost all the croups, colds, and inflammations children are attacked with. Consumption does not usually manifest itself in children by active symptoms; wasting is the most constantly present. When we find conjoined with this eruptions behind the ears, swelling of the glands of the neck, soreness or running of the nose, eruptions about the face, with puffy, chapped lips, pustules about the edges of the eyelids, or sore eyes, with the greatest dread of the light, causing the child to bury its face even in the pillow, we may suspect the existence of tubercles in the lungs, as these all point to a diseased state of the general system, with deep-seated complications.

Although the causes just enumerated will develop consumption in any child long enough exposed to them, yet there is a wide difference in the susceptibility of different children to contract it. Very intellectual children, with ardent affections and loving dispositions, are remarkably prone to it, and the expression constantly used with regard to them is, "they are too wise or too good to live." A pale, pasty complexion, or a large head with a narrow chest, indicates the same predisposition.

The symptoms in the consumption of children are very mild; there is no spitting of blood, the paroxysms of coughing are not urgent or distressing, and the matter coughed up from the lungs is invariably swallowed, and excites no alarm. Night-

sweats exist only about the neck and brow. The hectic fever is slight, and generally attributed to worms, or derangement of the stomach. Diarrhea is a usual attendant, and the child, when asleep, is observed to breath natural. With all this, *gradual wasting of the body and strength* is constantly present. Change of air or diet may arrest the wasting for a few weeks, but the improvement is only temporary. Soon the fearful symptoms return with more violence; the face becomes pallid and care-worn, the little body is racked with pain, and *diarrhœa* or *fever* terminates the suffering.

Children under five years of age cannot be made to use the inhaler, and, therefore, the air of the nursery must be medicated, thus compelling the child to breathe only a medicated air, which acts most powerfully on the diseased surface of the lungs. Above the age of five, children usually regard the use of the inhaler as high fun, and take to it readily. The changes in the system of the child are so rapid, and the vitality so great, that amendment is far more speedy than in grown people.

Sub-Acute Phthisis.

THE preceding article contained a description of infantile consumption, and next in order comes sub-acute phthisis. This form of the complaint runs its course in from six to fifteen weeks from the first observance of the symptoms, which usually resemble those of chronic con-

sumption already detailed, but are much more rapid in succession. It is unnecessary to recapitulate them here. A very large portion of the lungs is rapidly infiltrated with tubercle and rendered useless; there are softenings and cavities, but these are small in extent, owing to the short duration of the complaint. It would appear that death takes place more from the system not having time to accommodate itself to the speedy diminishing capacity of the lungs, then from the exhaustion of the prolonged discharge of matter, thus differing from chronic phthisis. Sub-acute consumption is known by the name of "galloping," from its early termination, and is often confounded with acute bronchitis, but an experienced stethoscopist would never make the mistake. Even this form is amenable to treatment. I have several cases reported in my book where the disease has been permanently arrested, and the parties are now in good health. It comprises but a small portion of the cases of consumption. Acute phthisis is of very rare occurrence. I have seen only four cases of it running its course to a fatal termination in three or four weeks. The lungs become completely blocked up in that short time, chiefly with tubercles.

The symptoms resemble those of low typhoid fever, with wandering or delirium at night. The cough is either dry, or accompanied by expectoration of clear, sometimes yellowish mucus. This, with the continually increasing frequency and difficulty of breathing, should draw attention to the condition of the lungs, which the stethoscope will

soon reveal. This form does not appear to be at all controlled by ordinary treatment.

Pathology of Tuberculous Consumption.

I HAVE pointed out the various forms of consumption, and the symptoms peculiar to each, and also the symptoms of nasal catarrh, sore throat, chronic laryngitis, and bronchitis, demonstrating the important facts that the tendency of these complaints is to lay the foundation of consumption. The mode in which it would appear to be produced, is by the gradual extension of the inflammation along the air tubes, till reaching the minute branches and the air-cells, these are blocked up with mucus, thus preventing the air from reaching the blood circulating through the air-cells, so that the change from venous to arterial blood does not take place. The consequence of this impediment is, that tuberculous matter is deposited in the air-cells and the smaller branches of the air tubes. At first the tubercles are very small, resembling millet seeds; hence, called "miliary." They are gray and translucent, and scattered more or less profusely over the upper part of one or both lungs. It is a tradition in the profession that the left lung is much oftener the seat of disease, first or solely, than the right. But this is the result of imperfect observation, promulgated by a high authority, and implicitly received by the flock. My experience, which has not been small in this disease, has fully

satisfied me that there is little, if any difference, in the liability of either lung, to the deposit of tubercle. Again, it is a disputed question as to whether the tubercles are deposited in the air-cells, or in the surrounding tissue. Examination with the microscope has convinced me that in miliary tubercle, the deposit takes place in the air-cells and finer air tubes, and that tuberculous matter is never found in the substance of the lungs, except in the form of infiltrated tubercle, the result of what is now called "chronic pneumonia," or chronic inflammation of the lungs, rather a misnomer. The miliary tubercle, after a time, undergoes a change in size and appearance, becoming larger, and of a yellow, cheesy appearance. The pressure of these little masses causes absorption of the walls of the air-cells, and a coalescing of the tubercles into mats of various sizes. In this state they may remain quiet for weeks or months, sometimes, though rarely, even for years, but liable at any moment to be roused into active disease by apparently inadequate, and often unknown, causes; so that a person carrying about with him a crop of tubercles in his lungs, is at any moment in danger of commencing the downward course that ends in the grave.

At first, these yellow tubercles are of the consistence of cheese; they then soften—become infiltrated with matter, and finding their way into the lower air tubes, are expectorated, and a small cavity is thus left, secreting matter. In the chronic form of consumption, patients often rally for a time after this occurs, the cavities are healed, or become

livid with a kind of mucous membrane, the fever and night-sweats disappear, and the cough is either absent for a time or subsides into a *hack*, and the body acquires fat. But this is only temporary; another series of cavities are formed, and the same routine is gone over and over, till the patient sinks exhausted. When several small cavities are contiguous, they gradually enlarge, and, opening into each other, form a large cavity. I have seen them large enough to hold a pint.

When tubercles are in the gray or yellow stage, inhalation is of the utmost service, by promoting their absorption without destroying the substance of the lungs; and hence the wisdom of applying early for treatment, when there is the slightest suspicion of such a state of things, while there is the most probability that the disease may be overcome.

Complications with Consumption.

IT is impossible to conceal from ourselves the appalling frequency and fatality of diseases of the chest in the United States, and I consider that I am fulfilling a public duty in contributing my mite toward making their symptoms and treatment familiar to the mass of the people, so that, early apprised of danger, they may address themselves in time for relief.

Any impediment to the free circulation of blood in the air-cells, by preventing the due conversion of venous blood to arterial, is the immediate cause

of tubercles. Such changes in the structure of a vital organ can not occur without the system at large sympathizing, and various others become deranged, often to such a degree as to draw off the physician's attention from the real point of danger. Under the head of Latent Consumption, it has been stated that the complaint may proceed to the utmost disorganization of the lungs without cough or expectoration being present. In such cases the prominent symptoms are derangements of some of the abdominal organs. Dyspepsia is the most common, and, in ignorance of the true state of things, the efforts of the physician are too often directed to removing the effect instead of the cause of deranged health.

Many cases are treated for liver disease when large cavities in the lungs actually exist, and hectic and night-sweats are excessive. It is only a short time since we were called to a patient who stated that he had been treated, up to the time of our visit, for liver disease. The appearance of the patient, his emaciation, his cough, excessive expectoration and sweating, indicated too surely phthisis as the enemy. On removing his clothing we were horrified to see the unhealed sores of tartar emetic ointment, and scarifications of cupping, still recent over the region of the liver, showing that a frightful and inexcusable mistake had been made as to the nature of the disease. As it was important to him to know his true state, we were obliged to tell him the melancholy truth, that he was in the last stage of consumption, and that his life could not be

prolonged beyond a few weeks. Diarrhœa often masks consumption; this is found among adults, but it is still more common among children. The investing membrane of the lungs, called pleura, is often the seat of chronic inflammation, and water or matter is infused into the cavity, constituting hydrothorax, or empyema. The lung is sometimes perforated, so as to admit air into the pleura, when a chronic inflammation is set up with the same result as the preceding; this is called pneumothorax. The larynx is often the seat of ulceration, and completely masks the disease in the lungs to a superficial observer. Such are some of the complications of phthisis, and are the result of the blood imperfectly ærated in the diseased lungs, circulating throughout the body, and by its impurities provoking disease in the different organs; this is often described by the term sympathy. It will not seem superfluous caution to warn the reader of the importance of paying watchful attention, and not to rest content with a superficial or hastily formed opinion. Few medical men possess any but the most superficial knowledge of the use of the stethoscope, and still fewer are competent to give an opinion worth a rush in the earliest stages of consumption. For an opinion to be of any value, it can be so only after a careful and thorough examination. As usually conducted, it is but an idle form, and would be farce but for the important stake at hazard.

I have witnessed the exploration made through a creaking starched shirt, or muslin collar, several

folds of clothing, even through solid, old-fashioned corsets. Then to see the pomposity and parade of learning that this is done with, is enough to provoke a laugh or a tear. There is one consolation, that these gentlemen could not discriminate any more if they did not examine *en cuerpo*.

A man who practices as physician, surgeon, and accoucheur, and honestly and laboriously tries to master all the branches of his profession, can never acquire a tithe of the proficiency in the use of the stethoscope that he will attain who devotes himself specially to its use.

Curability of Consumption.

WHILE a large majority of the medical profession entertain the opinion that consumption cannot be cured, we cannot affect much astonishment that the mass of mankind should echo such a pernicious oracle.

Take up any practice of medicine, or any standard works in our medical schools, and they all alike avow that no treatment of consumption to them known has been more than palliative. Watch the practice of two physicians of equal eminence, and see how opposite their mode of proceeding, but each lands his patient equally in death.

Why patients entrust themselves to physicians who openly proclaim in their books, and in their conversation, that they can do nothing for consumption, is an incomprehensible infatuation. If

the physician has no faith in his ability to cure consumption, it is the height of folly for the patient to trust him, and every dose he swallows should be as a sacrament taken, accompanied by a profound meditation upon death.

We will briefly call the attention of the reader to the anatomy and physiology of the lungs. They consist of two porous bodies, conical in shape, of a dark-purple hue, composed of an infinite number of air-cells, and situated within the walls of the chest, which they completely fill. Each lung is said to contain nearly two million air-cells; so that if their walls were exposed upon a common plane, they would cover a space of twenty thousand square feet. This extensive surface is fanned gently by every inspiration of air we breathe; and as the constitution of air may vary, so will its influence be felt upon the system. Charge it with a noxious gas, and we become oppressed; inspire it with a salutary balm, and our spirits become elated; soothe it with a narcotic odor, and we yield at once to its drowsy influence. Inhale the fragrance of flowers, their love and pleasure run riot through our veins. The cells into which the air passes at each inspiration, and from which it is expelled at each respiration we make, may be compared in form to a cluster of grapes, the bronchia or air-tubes representing the stems on which the grapes hang. The bronchia form at the lower part of the wind-pipe into two grand divisions, one entering the right, the other the left lung.

These again subdivide, the right into three and

the left into two tubes, corresponding with the number of lobes in each lung, which they severally supply. These again divide and ramify into an almost infinite number of smaller branches to every part of the lungs, terminating each in a small, grape-like cluster of cells. The interstices of these cells form cavities for the transmission of blood from and to the heart, and the coats of these vessels are so extremely delicate that the air we breathe passes through them and mingles with the blood of the whole body every four minutes.

The heart throbs, and every vessel is filled with blood. We breathe, and every air-cell is filled with air; and thus, by a beautiful law of reciprocation—"give and take"—the fires of animal life are sustained. Since in the same manner we breathe or inhale common air, we can inhale or breathe Oxygenized Air.

What can be more natural, more simple and efficacious, than the treatment of consumption by this method, by which the vital principle of life—"Oxygen"—is conveyed directly into the lungs, and its life-giving properties brought to bear at once upon the seat of the disease without resorting to the uncertain and, alas! too frequently mischievous action of medicine taken into the stomach, from which it is blindly sent on a mission of mischief through the intricate channels of humanity's noble temple?

The practice of medicine for treating bodily ailments is older than Christianity, and yet it is of but very recent date that it was discovered that the

blood circulated through the system. When this discovery was announced, thousands of doctors declared it impossible, and that the discoverer was a cheat, a humbug, etc., etc. Still, the truth got out and lived; for truth is immortal, and cannot die.

Among the new ideas that have dawned upon the great minds of the world is the one which questions the correctness of treating diseases of the lungs and throat by medicating through the stomach and general circulation. To treat consumption through the stomach has been the practice for centuries; but it has always failed. Thousands of remedies have been employed, but they were all addressed to the stomach, not to the lungs. Is it not time to give attention to a more rational method for reaching the lungs with remedies?

When the appalling fact stares us in the face that over one hundred thousand persons die annually, on this continent alone, from some form or other of disease of the lungs, the picture is too frightful not to give it serious thought and attention.

The reputation of men must not be weighed against this great truth. Men are but the creatures of a day; principles are eternal.

Popular Modes of Treating Consumption.

MERCURIAL TREATMENT.—Some two hundred years ago, this mode was greatly in fashion, but gradually dropped into oblivion, not only because it did no good, but positive harm; and, in the opinion of many, brought on consumpsion in those who would never have been attacked if mercury had never been given to them for other complaints. Unhappily for mankind, Dr. Wilson brought out a work several years ago, "On the Influence of small doses of Mercury," and it became fashionable to treat consumption with it. Happily the conviction has become impressed upon the minds of the profession that it is injurious, and few physicians now use it, except stealthily, and they do it in order to be *doing something*, not from any faith in its efficacy. After killing its thousands, let us hope it is buried never to be resuscitated.

TONICS.—In opposition to those who look upon consumption as an inflammatory disease, and employ bleeding, we have physicians who regard it as a disease of debility, and rely on tonics. Now, each of these is *regular orthodox practice*, and which is right? It is an axiom in practice, that tonics are useless in organic diseases, and often aggravate the disease. *Tonics* have no power to cause absorption or removal of tubercles in the lungs, and consequently the tonic doctors have not been able to sustain their position any better

than the advocates for the modes of treatment already discussed.

Digitalis and Iodine have had their days, and very flourishing days they were, but now, alas! they are consigned with ignominy to the tomb of all the Capulets, by the most learned of the profession.

Counter-Irritation means establishing a running sore on the surface of the body, in the neighborhood of an inflamed, internal surface, with a view of removing the natural, by an artificial disease. With this view poor consumptives have had —and still, unfortunately, too often have—their chests seared with hot irons, covered with pustules from tartar emetic ointment, tortured with perpetual blisters, or other modes of effecting the coveted object. The most learned now allow that counter-irritation has no effect in causing the absorption or removal of tubercles, *therefore it does no good.* But it does positive harm ; we know that the cause of hectic and night-sweat is to be found where there are surfaces secreting matter. Now, if the ulcers in the lungs cause the irritative fever, it is only adding to the cause, by establishing a large, running sore on the outside of the chest, to keep those in the inside company. Counter-irritation is only of use to relieve pleuritic pains ; and this can be best effected by a mild rubefacient anodyne liniment, or dry cupping. This cruel and unphilosophical treatment is abandoned by the leaders of the profession ; but, alas ! is too common among their humble followers.

Cod Liver Oil.—This great quack medicine this panacea, this god-send to the stupid physicians, who had no trouble in prescribing while it was in the fashion. "Doctor, I have a bad cough." "O, your lungs are weak; take Cod Liver Oil." Alas for the tribe, that this physic made easy has gone out of fashion! Who does not recollect the buckets full that were swallowed a few years ago, and now how little? It is of no use, unless there is wasting of the body. It is not medicine, but food; and like osmazome, alcohol, coffee, tea, etc., possesses, in a high degree, the property of preventing the wasting of the tissues. Instead of being looked upon as a remedy for every consumptive, cases are selected that are suited for its employment, just as with other curatives; and with the heads of the profession it is dying out.

Change of Climate.—That *cheval de bataille*—that convenient way of getting rid of dying patients, has received the *coup de grace* from the recent writers on the subject, and now no longer commands the faith of educated medical men, although many still keep up the cruel farce of sending moribunds in search of that health which they will never recover on this side of the grave. The subject of climate is too extensive to enlarge further in this article.

I might cite Stokes, Billings, Louis, and many others, to prove that, as yet, no mode of treatment they employed was of the *slightest use* in curing consumption; but they have not tried Inhalation. I shall not detain you by going over the names of

men of the highest standing in the profession who tried Inhalation, and have given it their unqualified approval. The practice is still in its infancy, and confined to few, but its success is already such that in a few years it will supersede every other mode of treatment. This it will not accomplish till the great mass of the profession shall see the chest practice in the hands exclusively of those who follow the very rational treatment of Inhalation.

Asthma—Its Symptoms, Pathology, and Treatment.

A CONTEMPORARY writer observes; It is a popular error to regard every disease attended with difficult breathing as asthma. Consumptive patients, and those suffering from disease of the heart, constantly ascribe the oppression and shortness of breath they experience to this cause. Now, although we never have asthma *without* shortness of breath, it is very common to have great shortness of breath where the disease is essentially different from asthma; I wish I could add less distressing or fatal.

By asthma I mean a spasmodic disease of the lungs, which manifests itself in successive *fits*, *paroxysms*, or *attacks*, coming on suddenly, attended by great difficulty of breathing, lasting for a few hours, and then passing off with free expectoration, leaving the breath but little obstructed, and

the patient as comfortable as before the attack. Although this is the usual course of asthma, it will be seen, as we proceed, that there are many and grave deviations from this rule.

The *approach* of asthma is known by those who have once had the attack, by a feeling of *languor* and indisposition to exercise, *yawning* and *oppression*, a feeling of *fullness* and *windiness* about the stomach, with a sense of *tightness* and constriction around the lower part of the chest. In some there is *headache*, and dryness of the nostrils toward evening, while others have a greatly increased flow of saliva, or a sense of chilliness and general discomfort.

The *attack* may come on at any time, but it usually manifests itself toward evening, or at night. Some suffer as soon as they lie down, but the majority are suddenly awakened out of sleep in the middle of the night, or toward morning, by a difficulty of breathing—a sense of weight and constriction in the chest. The chest feels as though it were bound. They sit up in bed, pant, and gasp for breath, call for the windows to be raised, and the doors to be thrown open. The house seems "*too small to breathe in.*" If the fit is severe, *perspiration* starts out and stands in large drops over the forehead, the face is *haggard*, and the lips *pale*, the extremities *cold*, the heart *palpitating* violently. It is no unusual thing for the asthmatic to rush to the open window and lean out over the sill for hours in the coldest weather of Winter, the body being rendered by the disease insensible to every

influence and every feeling, except the desire for *air*. The distress experienced during a fit of asthma can only be likened to partial strangulation protracted through a period of several hours. If you have ever run up a long hill with rapidity beyond your strength, as you stood at the top, with your hand pressed over the heart, panting and gasping for breath, you can have a faint idea of the agony which for hours, and often for days, the poor asthmatic suffers.

Happily for the victims of this disease, the suffering of the present is ever lightened by the conviction that nature will soon come to their relief—hope and confidence never flag for an instant. After a longer or shorter period—generally a few hours—the *tightness* at the bottom of the chest *relaxes*, the *breathing* becomes more *easy*, the patient can *speak* and *cough* without difficulty, and now begins to *expectorate freely*. The *anxiety* of the face disappears, the *lips* lose their lividity, and, exhausted by the violent efforts, and worn out by the distress the poor sufferer falls asleep: the attack is at an end.

The *cause* of all the distress, and the reason why asthma comes on so *suddenly*, and passes off so mysteriously, are very simple. The air tubes have a muscular coat, that gives them the power of contracting or expanding. Any thing which irritates the nerves that supply the muscular coat, may cause a spasmodic contraction to take place on the instant, and when it does take place the tubes are so much diminished in size that it is impossible to force air enough through them to purify the blood.

The distress is caused, not by the spasm, but by the want of air which it occasions. Any obstruction in the windpipe, sufficiently great to limit in the same degree the quantity of air that can be drawn into the lungs, would produce the same distress, even though no spasm existed. The spasmodic contraction occurs, like cramps, instantaneously, and like cramp may continue for several hours, and then pass off in an instant. From this you will understand that whatever *irritates* the nerves of the lungs may cause asthma, and whatever *soothes* that irritation *relaxes* the spasm.

Asthma Continued—Emphysematous Asthma, Humoral Asthma, etc.

EMPHYSEMA is asthma, which has ended in enlargement, in rupture, or in destruction of the air-cells of the part in which it is situated. Fortunately the part of the lung affected is usually small, though sometimes the whole of one lung is in a greater or less degree disorganized, and we rarely find one lung seriously diseased without the other being slightly affected. The symptoms of Emphysema are the same as of common asthma in addition to which we have always more or less *shortness of breath* in the interim between the attacks, some *cough* and *palpitation* of the heart; and when it has continued for a length of time, *swelling of the ankles.* Persons suffering from Em-

physema can not lie down with the same ease as other persons, because in this disease the breathing is almost wholly *abdominal*, and in the recumbent position the stomach, spleen, and liver press against the diaphragm or floor of the chest, and restrain the freedom of its movements. And, for the same reason, fullness of the stomach, as from a hearty *meal* or from *wind*, always adds greatly to the difficulty of breathing. The expectoration is frothy, and when collected in a cup looks like gum-water or slippery-elm tea covered with foam. The most common *cause* of Emphysema is dry bronchitis. The viscid mucus secreted in that disease is often found adhering to the sides of the air tubes in such a manner as to form a kind of accidental valve, which offers less resistance to the *entrance* of the air than its *expulsion*. The air rushes in and finds its way to the air-cells with but little obstruction, but when it returns the obstruction is so great that we are compelled to make a labored and forced effort to expel it. This labored expiration would of itself gradually bring about the dilatation of the air-cells, but it is probable that this effect is greatly hastened by part of the air remaining imprisoned at each expiration, till the air-cells are blown up and ruptured, or the resistance has become sufficient to force the plug of viscid mucus out of the tube and relieve the part. That you may understand this, suppose we have six little India-rubber bags attached by short tubular stems to a larger tube, and that six cubic inches of air will just fill them. Now, when these are filled they bear some

relation to a cluster of air-cells in the lungs. If we force *six* cubic inches of air into them and then expel *five*, and continue to do this, in a short time they will have swelled up to two or three times their former size, and in the end will burst and be destroyed. This is a mechanical illustration, but not a bit more mechanical than takes place in the lungs in most cases of Emphysema. This form of asthma often ends in consumption, in which case we are generally warned of what is taking place by two very significant symptoms, *spitting of blood* and *gradual wasting of flesh.* We do not always have the spitting of blood, but invariably sensible emaciation.

Humoral Asthma is another form of this disease arising from the very opposite condition to that I have described under the head of Dry Asthma. Instead of the discharge being small in quantity, thick, and sticky, it is thin and watery, and flows in large quantities. The attacks come on as a common cold, with stuffing in the nose, followed by oppression, great want of breath, and wheezing in the chest; and they pass off with copious expectorations, amounting often to one or two pints of a thin, watery secretion, looking precisely like the *white of raw eggs and water covered with froth.* Humoral Asthma bears the same relation to *Humid Bronchitis* that *Dry Asthma* does to *Dry Bronchitis.* Both forms of asthma are caused by the corresponding varieties of bronchitis. Humoral Asthma is most common in those who have passed the age of forty-five, and in old people; but it

occurs also in young persons, and is found at every age of life. In the intervals between the attacks there is usually some cough and expectoration, with a strong liability to become *wheezy* from every slight exertion and exposure.

In addition to these forms of asthma there are several others, as *Acute Asthma*, *Congestive Asthma*, *etc.*, which we had intended to describe, but find that our observations have already greatly exceeded the limits contemplated.

Asthma Continued—its Treatment.

THERE are a few facts in the course of this erratic disease which we have overlooked in the preceding descriptions, to which we will briefly refer before proceeding to speak of treatment. The recurrence of the fits of asthma are extremely various. In some we have a single fit, and, when this over, the disease ceases altogether, and the patient returns to his former health. More commonly, we have two or three fits occurring night after night, and then passing off. In some they recur with great regularity, once every few weeks or months. Others have an attack lasting for several days or a week, regularly once a year. Sometimes, after asthma has harassed a person by frequent attacks, it leaves him altogether, and does not return for several years. There are

three conditions of the air which constantly induce asthma: 1. The electrical state of the atmosphere. 2. The foreign matters in the atmosphere. 3. All causes which produce catarrh and bronchitis. The immediate cause of this disease in those subject to it is the great delicacy and morbid sensibility of the pulmonary nerves, and the mucous membrane lining the air-tubes and air-cells. There is a great deal of difference in the influence produced upon different persons by the same cause. Hence, it is that some asthmatics breathe best in the smoky atmosphere of the city, while others cannot pass a single night in it without the unwelcome companionship of a paroxysm. Some are comfortable on the low, moist grounds surrounding a marsh, while many can only sleep in the pure air, on the top of some mountain range. These are radical distinctions, and can easily be accounted for; but we find that many persons will sleep in one street of the same town, and cannot in any other, and on one side of a street, but not on the opposite, and even in the back room of a house, but cannot in the front. The reason for these differences cannot always be traced satisfactorily. The cause is too subtile for discovery without a protracted and minute investigation of all the influences, both beneficial and injurious, in operation in the opposing localities. But, whatever the cause may be, there can be no doubt that it is produced by inhaling the impurities with which the air is impregnated in one position and not in the other.

Treatment.—The hitherto abortive efforts to

cure asthma have produced a profound public conviction that this malady, when treated by any and every *usual* form of medication, is beyond the skill of our art. Physicians, too, almost universally regard it as *incurable*, while *patients* have long since ceased to expect more than palliation of their sufferings. This state of the popular, the professional, and the invalid mind, is, in itself, the strongest testimony that can be offered against the truth of those principles of practice which have hitherto directed the administration of the physician. If any good is really to be effected by medicines, it must be in some radical change, either in the medicines used, or in the *manner* of their use. The treatment pursued for ages has been one continuous round of experiments through the same channel. There is scarce any article in the *Materia Medica* which has not at one time or another been tried as a remedy for asthma, and yet from each and all failure and disappointment have been the only returns.

Why is this? We can find no sufficient reason in either the *cause*, the *pathology*, or the *progress* of asthma. A disease *may* spring from so deeply rooted a vice in the system, or depend on such disorganization, or be so rapid in its progress as to place at defiance the most efficient remedies. But we have here a disease most simple in its origin, and in the changes to which it gives rise, and remarkable for the slowness of its progress. What is asthma? An affection of the air-tubes of the lungs, arising either from a morbid sensibility of the mucous membrane, or of the pulmonary nerves.

It comes from a local cause, and is maintained by a local condition. If we seek to investigate its nature more closely, pathological anatomy only confirms this opinion; unless, after a long continuance, or in cases of very aggravated character, every organ in the body, except the lungs, is found healthy. In the lungs we find in one case morbid *sensibility* or *irritability;* in a second, *thickening* of the mucous membrane; in a third, *ulceration* of this membrane; in a fourth, the *expansion* of the air-tubes here and there into *bags, pouches*, or *cavities;* while in a fifth, the air-cells of the part in which the disease is seated, are *ruptured*, and more or less completely destroyed. But there is nothing malignant in the character of asthma. It comes from such causes as produce our simple colds, or severest inflammations. It progresses slowly, and for a long time the general health continues tolerably good—far better, in fact, than is usual in other serious local affections. Reasoning, *a priori*, therefore, we should expect to find asthma one of the most curable diseases; yet, strange to say, nothing has hitherto been done to prove it such. To account for this result, there must be some great fallacy in the treatment, which we conceive to be in the practice of swallowing medicine into the stomach instead of addressing the remedy to the lungs direct by inhaling.

Asthma—Treatment Continued.

IN assuming the fallacy of the usual treatment, and the entire curability of asthma by inhalation, it is not our intention to claim any wonderful knowledge or miraculous skill, but merely to explain the grounds and results upon which we base this opinion. Experience has abundantly proved that we accomplish no good by sending *local* remedies on a blind mission through the stomach and general system. Where a fact has become so indubitably established by the trials and testimony of ages, it is unwise and unprofitable to dispute it. And this fact is clearly established, not only with reference to asthma, but applies with equal force to every *chronic* local disease that can be reached by local medication. We say *chronic*, because *acute* inflammations form a partial exception to this rule. Chronic affections of the *eye*, of the *throat*, of the *organs of generation*, of the *skin*, the *bowels*, the *stomach*, etc., all are treated with great success by the direct application of medicines—as washes, ointments, injections, mixtures, etc. Now, analogy is clearly in favor of applying the same principle to the treatment of all chronic diseases of the lungs, and especially so to the treatment of asthma, an affection we have shown to be so purely local, both in its cause and effects. If we had no *facts*, we might reason from the nature of this disease alone, with great force in favor of a local treatment. But is not the analogy placed beyond all question by

well-known facts regarding the beneficial action of medicines in this disease? Has not the little relief which the poor asthmatic has hitherto obtained been procured by *inhaling?* The old custom of burning "*saltpeter paper*," of "*smoking stramonium*," and the more recent employment of "*ether*" and "*chloroform*" during the fit, are illustrations of the action of inhaled remedies. And though these can only be regarded as *partial* in their application, and limited in their usefulness to affording relief during the fit, the relief they have thus afforded overbalances the benefits obtained from all others a thousand-fold. And if this be true of the inhalation of these simple palliatives, you can readily understand how prompt and radical must prove a thorough and judicious treatment by inhalation under the care of a physician, practically acquainted with the action of inhaled remedies, and who directs his efforts not merely to relax the spasm and afford relief during the fit, but to subdue the morbid irritability and sensibility of the mucous membrane, and break up the Chronic Bronchitis on which the asthmatic attacks depend.

It has become the practice of medical men to meet all alleged cures of consumption from inhaling, by contending that such cures "could only be of cases of chronic bronchitis simulating consumption." Though such a view is wholly erroneous, as assuming the incurability of Phthisis—let us accept it in this instance, to save argument. What is asthma, in the great majority of cases, but mere Bronchitis attended by spasm of the muscular

coat of the air tubes? The same condition exists in nine cases out of ten without fits or paroxysms, and we call it *chronic bronchitis*—dry or humid, as the case may be—in the tenth, with labored, irregular, and interrupted breathing, and we call it *asthma.*—If *inhalation* is sufficient to cure bronchitis when so *inveterate* as to resemble consumption, it must surely be sufficient to cure asthma in all cases depending on *simple* bronchitis—and of such are eight cases out of every ten. Again, in asthma arising from morbid sensibility, soothing and tonic inhalations soon overcome the susceptibility of the air tubes, and restore their lost tone. Of purely spasmodic or nervous asthma, therefore there are very few cases that do not admit of radical cure. This narrows the incurable cases down to those old and inveterate *emphysemas* which depend on structural changes. These cases are beyond *repair;* but the ulceration of the mucous membrane can be healed and the secretions corrected, and the lungs can be so strengthened and invigorated as to render them but little susceptible to those influences which bring on the fit, thereby saving the patient from suffering of repeated attacks, and rendering his life comparatively comfortable.

The length of time necessary to break up the diseased condition of the mucous membrane of the lungs, on which asthma depends, is necessarily much greater than for the cure of the same condition when unaccompanied by asthmatic fits. The reason of this difference is the extreme sensitive-

ness of the lungs in this disease, and the almost impossibility of preventing many drawbacks from relapse during the progress of the cure. Certain mild forms of asthma are often radically recovered in the brief space of a few months. But after asthma has endured for many years, and has become established and inveterate by age, progress can only be made slowly. The diseased condition of the lining membrane of the air tubes has become habitual—a kind of "*second nature*"—and stoutly resists a return to health. Many of these cases occupy a year of close attention to treatment to overcome them. As a rule, the asthmatic invalid should make up his mind at the outset to persevere in the use of the Inhaler for several months after every symptom has disappeared, and should be as faithful in all the details of his treatment as though in hourly apprehension of the return of the disease. Many patients defeat their own cure by abandoning treatment almost as soon as they have obtained relief.

Asthma Treatment—Concluded.

OF all the chronic diseases to which the lungs are subjected, there is, perhaps, not one which is more certainly curable, or which manifests more speedily the beneficial influence of direct treatment than Spasmodic Asthma. Except in those aggravated forms of this disease in which the air-cells and bronchial tubes of the diseased

part are already disorganized and destroyed, cure is almost certain to follow a steady and proper use of remedies by inhalation. A successful issue in cases of very long standing—as fifteen, twenty, and even thirty years—is only a question of time. There are no incurable organic changes. Asthma is almost wholly a functional disease. The chief organic difficulty to be overcome is the *thickened*, and, as it were, *indurated* state of the mucous membrane, induced, in old cases, by the long continuance of the chronic bronchitis on which asthma depends.

But while asthma is so certainly curable, and so promptly responds to a proper treatment, encouraging us almost from the outset by relief and improvement, there is not, in the whole catalogue of ills to which poor humanity is liable, one which requires a more determined and persevering employment of the means to attain the desired end. Nor is there one which, when partially cured, so readily *relapses* into the old condition, undoing in a few days all that it has acquired months to attain. To radically uproot an inveterate functional disease like asthma, in a constitution morbidly susceptible to every injurious influence—for of such are all asthmatic people—requires necessarily a great length of time. As a rule, one year should be set apart by all old asthmatics for their treatment, while mild and recent cases require usually six months to effectually break them up. We have seldom met with a relapse from the recovery of asthma, when the patient could be induced to continue treatment

for several months after the last symptoms had disappeared. We are the more particular in enforcing this to save those suffering from asthma from being over sanguine of rapid cure, and to dissuade them from the suicidal folly of regarding themselves as *cured* almost as soon as they are relieved. We would not have them begin treatment with hopes, which the very nature and past history of the disease, ought to teach them can not be realized. In the past, the physician in attendance upon consumption and asthmatic cases, has done little more than silently contemplate miseries, which it was his province, but not in his power, to relieve. Let us hope a life of greater activity will be opened up to him by the success which has attended a more rational application of the principles of medicine to the cure of pulmonary diseases. Once *practically* acquainted with Inhalation, he will discover how very possible it is for the healing art to be retarded in its progress, and limited in its usefulness, by an inveterate devotion and immoderate zeal for the usages of the past.

Diseases of the respiratory organs should not be neglected for an instant, neither should the sufferer from these diseases experiment with physicians who, in most cases, only palliate the suffering.

I have had twenty years experience in the treatment of these, hitherto, fatal maladies, and I have demonstrated the fact that they are as curable in their incipient stages as any other diseases affecting mankind. Apply to me early and a cure is almost certain.

A Tropical Climate for Consumption a Snare and a Delusion.

A MORE gloomy and appalling impression cannot be made upon the feelings of the consumptive who has been sustained by his physician through the opening Spring that bloomed so cheerfully and hopefully for others, by the promise that the warm weather would dispel his cough and all his pulmonary affections; than to see that season pass, to see the summer come and go, and the cough, instead of being relieved, becoming more harassing, and as the chill winds and blighting frosts of November develop anew the chills and distressing symptoms that seemed somewhat to abate with the close of the last Winter, and when he had reposed with full confidence and feelings of safety in the assurances of his physician that all would be well. Judge, I say, of his astonishment at the announcement which now comes from him who had been looked upon as a "priest of the holy flame of life and health," that his only hope for recovery is in leaving his home, with all its comforts and immunities, bidding farewell, perhaps forever, to his friends, and resort to a southern or foreign tropical clime.

This is another of the most unrighteous, unhallowed and unprincipled make-shifts on the part of country and general practitioners, who know so little of the true pathology—cause and nature—of pulmonary consumption, as to conceal their con-

summate ignorance under the veil of false hopes and assurances of their patient's and patron's recovery —either for the purpose of bringing in a long bill, or because they are so dishonest that they are ashamed to acknowledge their ignorance; and now when they find themselves baffled, and they can no longer deceive, and in order to be relieved of the responsibility of having him to die on their hands at home, or of making the humiliating confession that consumption, by their imperfect system, is incurable, they send their patient away to languish in a foreign land, deprived of the kind care and nursing he would have received at home, and to have in its place the cold attention of strangers, purchased by money, and then to die "unwept and unmourned,"—"a stranger in a strange land."

Night Sweats.

NIGHT SWEATS are always the result of great debility, and are usually associated with consumption of the lungs; hence the dread with which this symptom is regarded.

Night Sweats, or a profuse perspiration, at any time, when not the result of a consumptive tendency, can readily be checked by the free use of astringent tonics. In all cases every effort should be made to build up the strength by a good, easily-digested diet, proper ventilation and regulation of the temperature. When the bowels are not prone to diarrhœa, we dilute sulphuric acid in doses of

fifteen to twenty drops in sweetened water, with good results.

Generally, the body should be sponged at the hour of retiring, with vinegar and water, alum dissolved in whiskey, or some other astringent wash.

Internally, the vegetable astringents are useful, particularly when there is a tendency to looseness of the bowels. Of these, tincture kino, krausera, or catechu, are most valuable. The muriate tincture of iron, the sub-sulphate of iron, the syrup of the iodide of iron, the ammonia-citrate of iron, all act well in relieving the sweating.

Women's Headache.

A WOMAN with a headache cannot be companionable; the best of sweethearts with a headache is sure to be unreasonable, while a lady who has neither husband nor other special cavalier to engross her attention can ruin the piece of mind of everyone she meets while she has a headache of perceptible size. No amount of masculine grumbling is likely to change all this, but women themselves might change it if they would comprehend the causes of the malady, and then apply their nimble wits to the work of prevention or cure. The trouble is that all American women who have headaches live indoors, where the best air is never good, and the worst is poison, and they have none of the exercise which saves men from

the popular malady. Were a strong man to eat breakfast at any ordinary American table, and then sit down at a worktable or machine, or even move about briskly from one room to another, he would have a splitting headache before noon, and the chatter of his innocent children would seem to be the jargon of fiends. The midday meal would increase his wretchedness, and by dusk he would be stretched in misery upon his bed, with one hand mopping his forehead with ice-water, while the other would threaten with a club or pistol any one who dared to enter the room, or make a noise outside. There is no reason why women should not suffer just as severely for similar transgressions of physical law. True, indoor life is compulsory for a large portion of every day, but special physical exercise in a well-aired room is within the reach of almost every woman, and so is a brisk walk in garments not so tight as to prevent free respiration. There is very little complaint of headache at Summer resorts, where windows are always open, and games and excursions continually tempt women who do not value complexion more than health. Girls who ride, row, sail and shoot seldom have headaches; neither do those unfortunate enough to be compelled to hoe potatoes or play Maud Muller in hay fields. Let women of all social grades remember that the human machine must have reasonable treatment, and be kept at work or play to keep it from rusting; then headaches will be rare enough to be interesting.

Diseases of the Digestive Organs.

INFLAMMATION of the Mouth.—Nearly every form of Sore-Mouth will yield to Chlorate of Potassa given in the form of a gargle, and in hourly doses of two grains dissolved in water. Burned Alum is also an excellent remedy.

CANKER SORE-MOUTH.—This is a gangrenous inflammation which generally affects the gums and cheeks of children of a weakly, scrofulous habit. Sometimes the disease shows itself soon after the measles, scarlet fever, or other acute inflammatory affection. Its first symptoms are usually a hard red spot on the cheek, which spreads and opens into a shallow ulcer on the inside, discharging matter of a peculiarly offensive character. As the disease progresses there is a great flow of saliva which is often tinged with blood, the breath becomes fetid, there is mortification of the surrounding parts, including the gums, the teeth loosen or drop out, and finally the patient sinks exhausted. As soon as the red spot manifests itself the constitution should be strengthened with a good nourishing diet, such as beef tea, milk, and eggs, if the stomach will bear them, wine if there is extreme debility and no great amount of fever. The following mixture is perhaps as good as any for this affliction:

Wine of Iron, - - -	2 drachms.
Compound Tincture of Cardamons,	2 drachms.
" " Gentian,	4 drachms.

Made up to 8 ounces with mint or cinnamon water, Dose a tablespoonful or more 3 times a day. For local treatment caustic rubbed along the edges of the sore is recommended. The mouth should be frequently washed with a lotion made of Chloride of Soda and water, in the proportion of 2 drachms of the former to half a pint of the latter. This will help to neutralize the fetor.

Inflammation of the Stomach.

Gastritis.—Burning pain in the pit of the stomach, increased on swallowing, rejection of everything swallowed, hiccough, with oppression and dejection of mind, and high fever are the symptoms denoting this disease. The pain is extremly acute but is not always confined to the stomach, for it sometimes extends as low as the false ribs and often shoots to the back. It is always increased by the slightest external pressure, and the vomiting is a more constant symptom than the hiccough. The pulse is frequent, small, contracted, hard, and sometimes intermitting. The thirst is intense and the bowels constipated.

The causes are generally abuse of the organ —as indulgence in use of stimulants, gluttony, etc. There is, perhaps, no cause of this disease so common as suddenly checking the perspiration by drinking cold fluids. If the prostration is too great, apply mustard poultices to the region of the stomach, keep the patient absolutely quiet in bed, and avoid all irritation of the organ ; give no medicine, but a teaspoonful of lime water mixed with a tea-

spoonful of milk, once in two hours. Should the bowels not move, give an injection. It may be necessary to support the patient with beef tea injections and wine.

VOMITING BLOOD.—Blood raised in considerable quantities, not frothy, of a dark color, and especially if mingled with food, is from the stomach. Blood may be vomited when there is ulcer of the stomach, in scurvy, in cancer of the stomach, or from aneurism of a small vessel. If chronic, that is, occurring from time to time, there is danger, as it indicates some persistent disease of the abdominal viscera. Abstinence from food, and perfect rest is necessary; give cold drinks and astringents, and make a powder as follows, and take once every six hours:

Gallic Acid, - - - -	8 grains.
Dover's Powders, - -	5 "

Give a tonic as follows:

Sulphate of Quinine, - - -	12 grains.
Sulphate of Iron, - - -	12 "
Water, - - - - -	3 ounces.
Diluted Sulphuric Acid, - - -	1 "

Take a teaspoonful twice a day. Give cream, raw eggs, and Cod Liver Oil.

CONGESTION OF THE LIVER.—It is of the utmost importance that the liver be kept free from disturbing agencies, that it may be able to perform its proper functions. The symptoms of congestion

are generally a dull pain near the shoulder blade in the right side; if the pain is active the bile will be plentiful, coloring the evacuations, producing often a bitter taste in the mouth, and sometimes leading to jaundice; if passive, there is pain and uneasiness in the region of the liver, with a diminished flow of bile.

In acute inflammation of the liver there is pain in the right side, which is increased on pressure, or when a deep breath is drawn; there is usually, too, quick breathing; there is generally pain in the right shoulder and yellowness of the eyes and skin; the urine is high-colored, and the evacuation clay-colored.

In treating disease of the liver, the bowels should be freely opened by some active cathartic, and followed by a saline aperient as follows:

Epsom Salts, - - - -	6 drachms.
Liquor of Acetate of Ammonia	1 ounce.
Tartrate of Potash, - - -	2 grains.
Wine of Colchicum, - -	1 drachm.

Camphor water sufficient to make six ounces; one ounce to be taken every four hours. Mustard plaster is also useful; give a nourishing diet.

Biliary Derangements.—*Bilious disorders, sick headaches, bowel complaints, bilious diarrhœa.* Functional derangement of the liver. Extract of Faraxicum is an excellent remedy for the above disorders. The following aperient medicine will usually cure any of the above named troubles.

Pulverized Aloes, - - - -	2 ounces.
Bi-carbonate of Soda, - - -	5 "
Compound Spirits of Lavender, -	2 "
Water, - - - - - -	2 quarts.

Place the whole of the above in a jug, and let it stand two weeks, and then pour off from the dregs. For a dose, take from a teaspoonful to two ounces. The above mixture will be found invaluable in all forms of liver affections, and in constipation where there is hysteria, add six ounces of the fluid extract of valerian to the above mixture; shake the jug every day.

JAUNDICE.—The above described aperient will usually make a cure in jaundice.

GALL STONE.—HEPATIC COLIC.—Concretions from the liver—in the ducts of the liver, and in the gall-bladder—more frequently the latter. When a stone of any size passes into the duct that leads from the latter to the intestine, there is the most excruciating pain, and great constitutional disturbances, rigors, sweating, intense agony. If the stone recede, or pass on, the symptoms cease; but if it remain impacted, as it is apt to, at the junction of the duct from the liver, it will wear the person out by the combination of the agony with the results of complete obstruction of the biliary ducts. There is no treatment but to soothe the pain; give valerian in as full doses as the system will bear, from 20 to 60 drops of the tincture. If valerian affords no relief give chloroform but do it carefully.

INFLAMMATION OF THE BOWELS.—The symptoms of inflammation of the bowels are pain, extreme tenderness on pressure over the abdomen, distension and sense of heat in the abdomen, knees drawn up, vomiting of bilious matter; skin dry and harsh; pulse quick and hard; urine scanty and high colored; thirst; loss of appetite; tongue white and clammy, or dark brown and furred in its centre, but red at its point and edges; general debility. At first the bowels may be extremely constipated, but they afterward become relaxed, the evacuations being pale, yeasty, slimy, bloody, or offensive, dark and lumpy. Apply hot cloths over the abdomen and give camphor water in teaspoonful doses every half hour, also 20 to 60 drops tincture of valerian every 4 hours.

DIARRHŒA.—Diarrhœa is induced by various means; the following mixture will usually correct it:

Tincture of Valerian,	- -	1 ounce.
Tincture of Capsicum,	- -	1 drachm.
Camphor Water,	- - - -	1 "

Give according to age, for from 20 to 60 drops after each evacuation. Do not take larger doses of the above than is prescribed.

For Chronic Diarrhœa take a solution of nitrate of iron, in doses of from 10 to 30 drops, 3 times a day. A teaspoonful of white oak bark is very useful.

DYSENTERY—BLOODY FLUX.—Give *immediately* to an adult, thirty drops of Laudanum, followed in

fifteen minutes, by one drachm of the powder of Ipecac in water. If the discharge continues, give injections of starch and cold water, also white oak bark tea every 3 hours. The horizontal position and perfect rest must be observed, ventilation is absolutely essential, and the chamber should be frequently sprinkled with vinegar and water. After leaving off the medicines the patient should take water from a quassia cup, and also take teaspoonful doses of Camphor water every hour for a few days.

Colic.—For colic, the treatment should be fomentations of hot water, with turpentine, or mustard plasters to the abdomen. For an adult, give castor oil one ounce, laudanum from 20 to 40 drops every two hours, for 3 times. Also give injections of very diluted Camphor water warm. Be very careful in the administration of laudanum to young children.

Worms.—Several kinds of worms infest the intestinal canal; those most generally found there are the *ascarides*—small thread worms. They are mostly in the rectum, and can be removed by injections of salt and water, camphor water, or aloes.

The *lum brici*, are long, round worms, from two to ten inches long, and are usually found in the small intestines. The treatment for these worms must be tonic. One ounce of salt dissolved in a glass of water, and taken in the morning three times a week, fasting, will generally bring away these worms; at the same time there should be taken:

Sulphate of Iron, - - - -	12 grains.
Infusion of Quassia, - - -	12 ounces.
Tincture of Ginger - - -	2 drachms.

Mix and take a tablespoonful three times a day.

For the Tape Worm, see treatment by Dr. Blood.

CONSTIPATION.—Constipation of the bowels is a fruitful source of many complaints such as dyspepsia, piles, fistula, strictures of the rectum, general debility, lowness of spirits, headaches and various other evils. The bowels should be kept regular ; one evacuation should be had every day, and persons should have a regular time for going to stool. The most pleasant and effectual way of correcting constipation of the bowels is by eating fruit and cracked wheat or oatmeal friction, draughts of cold water, exercise. When these fail use a pill composed of

Resina Podophyllin, - - -	2 grains.
Powder of Rhubarb, - -	8 "

Mix and make eight pills ; take one a day, or send to me for box of my liver and kidney pellets.

For PILES, *see treatment by Dr. Blood.*

RUPTURE.—In this, some portion of the intestines is forced outward, through natural openings in the inner divisions of the abdominal wall. The gut may pass down on the inner surface of the leg, follow the great artery, or it may come through at the junction of the thigh and belly, or at the navel. Persons are often ruptured for some time without

being aware of it. *The moment a rupture is discovered a truss should be procured and adjusted by some competent person. The patient is not safe a moment without one.* The part should be sponged night and morning with cold water, and if chafed, it should be powdered. *A regular daily action of the bowels is essential to the safety of a ruptured person.* The aperient medicine I have prescribed for *biliary derangements* should be taken to keep the bowels in order.

FISTULA.—*Fistula in ano* is the disease that is generally understood by the term, fistula. In this there is a passage of sinus that runs by the rectum, the inner opening of which is in the wall of the rectum, and the outer, if it have one, near the anus. Sometimes the passage runs up close to the interior, but does not open into it. There is generally intense pain with fistula, and an inability to move about much. Medicines, except cooling washes are of no service in this disease. I have a sure process of cure for this difficulty.

Poisons and Poisoning.

THERE are no more common accidents then poisoning, either by intention or mistake.

DIRECTIONS FOR THE TREATMENT OF POISONING.—Make the patient vomit at once. To accomplish this give him a teaspoonful of ground mustard in a glass of warm water, every minute, until he expels the contents of the stomach. If no

mustard is at hand give the same quantity of table salt and in the same manner. After the stomach is emptied, let the patient take the antidote for the poison swallowed. Rest, quiet, and a reclining possition should be kept for a day or more. Barley water, chicken broth, and such articles of diet should be the only nourishment for two or three days.

Acid Poisoning.—There are nitric acid, sulphuric acid, and muriatic acid. Commence with the emetic, then give a tablespoonful of *lime water* every minute until the burning pain is removed. Yellow soap may be made into a strong suds, and a wineglassful given every half hour.

Alcohol.—Rum, Brandy, Gin, or other intoxicating liquors sometimes become very active poisons. Give an emetic, then pour cold water from a height, on the head. When awakened from the drunken stupor give five grains of Carbonate of Ammonia in a wineglassful of water, every fifteen minutes for 3 hours.

Aconite.—Give emetic *at once*, and if the patient is stupid keep up the respiration by artificial respiration.

Ammonia.—When taken internally, give at once a tablespoonful of Cider Vinegar, and keep this up until the pain lessens. Olive Oil is beneficial after the pain and burning is lessened.

Antimony.—Tannic acid is the antidote, a tea-

spoonful of Tannin in a glass of water may be given. A cup of strong green tea is also useful.

Arsenic.—Vomit the patient freely, then give plenty of milk; the white of an egg and water, or flour and water. The antidote is freshly prepared hydrated peroxide of iron.

Bellodonna.—Empty the stomach, pour cold water from a height upon the head. To an adult give ten drops of laudanum every fifteen minutes for two hours, two drops to a child.

Bismuth.—After an emetic, give copious draughts of milk.

Bitter-Sweet.—Proceed as with Bellodonna.

Copper.—Using copper vessels for cooking, or allowing acid food to remain in them may produce an active poison. Give emetic, after which copious draughts of milk, and white of eggs in water. Baking Soda is useful in half teaspoonful doses if the symptoms are severe.

Corrosive Sublimate.—White of eggs in water or plenty of milk should follow emetic in poisoning from corrosive sublimate.

Digitalis.—Treat as for Belladonna.

Henbane.—Also treat as for Belladonna.

Iodine.—After emetic, give Starch dissolved in water.

Sulphate of Iron.—After emetic, give patient Baking Soda, as in "copper poisoning."

LEAD.—The treatment for lead poisoning consists in giving water, acidulated to about the strength of lemonade, with Sulphuric Acid, (Oil of Vitriol.) Epsom Salts, or the Sulphate of Soda in water are also antidotes. After the antidote give the emetic, in lead poisoning.

MUSHROOMS.—Evacuate the stomach with an emetic, then give warm milk and water sweetened with sugar.

NITRATE OF POTASH (SALTPETRE.)—No antidote is known. Emetics should be given, followed with mucilaginous drinks.

NITRATE OF SILVER.—Give a large tablespoonful of table salt in a glass of water and then follow with emetic.

OPIUM.—This is the most frequently used poison agent, and the first step in Opium poisoning is to give an active emetic. The narcotic effects upon the brain must at the same time be attended to. If the respiration is yielding to the poison the patient should be undressed, and the exposed body dashed with cold water, not neglecting the head, face, or chest. After the water has been sufficiently used as described, the body should be dried, and hot applications made to the extremities and other parts. In addition to this a strong stimulant, in the shape of 25 drops of Aromatic Spirits of Ammonia in a tablespoonful of water may be given three or four times, at intervals of three minutes. Strong, freshly made Coffee is useful in

such cases. The patient should also be kept in active motion by walking up and down the room.

Oxalic Acid.—Give at once powdered chalk, or strong lime water. After these have been down a few moments give an emetic.

Prussic Acid.—This substance is so rapidly fatal that little can be done. If possible, give an emetic of mustard and follow with stimulants.

Phosphorus.—No antidote is known. Some calcined magnesia may be given in plenty of water, followed by an active emetic, after which mucilaginous drinks.

Stramonium.—Proceed the same as in poisoning from Belladonna.

Strychnine.—Give emetic without delay. Chloroform should then be given in teaspoonful doses in water, every fifteen minutes. Artificial respiration may be tried if apparent death has set in.

Tobacco.—An emetic, to be followed by 25 drop doses of Aromatic Spirits of Ammonia in a tablespoonful of water.

An Excellent Remedy for Diphtheria.

SLACK small lumps of lime in the mouth of the person afflicted. Continue this until relief is obtained. Also slack lime in the room of the sufferer so that the atmosphere of the room may be thoroughly impregnated with the fumes from the lime. I have cured the worst forms of diphtheria with a barrel of lime slacked as above described.

Directions for Applying Dr. Blood's Medicines.

INHALATION, applicable to every form of disease of the respiratory organs, should be taken in teaspoonful doses three times a day. As a help to this inhalation, in cases of *chronic catarrh*, a teaspoonful of salt in a glass of tepid water should be forced up the nostrils, through a nasal douche, twice or three times a day. After the salt and water has been used, and an astringent solution is needed, mix a teaspoonful of chlorate of potash in a glass of tepid water, and apply it through the douche the same as the salt and water. When an offensive odor accompanies the catarrh, and the salt and water, or chlorate of potash will not neutralize or dispel it, apply, through the douche, carbolic acid, in the porportion of five drops

of acid to an ounce of water. The use of the inhalation and douche, as aforesaid, will cure the severest types of chronic catarrh in from three to six months, providing the functions of the body are kept regular with the liver and kidney pellets, which should always be taken in conjunction with the inhalation.

A salt and water sponge bath should be taken by sufferers from catarrh upon retiring at night.

Diseases of the Throat.

IN connection with the inhalation for *diseases of the throat*, we give gargles of chlorate potash, salt, salt and vinegar, carbolic acid, sage tea, etc.

Bronchitis and Asthma.

WHEN there is difficulty of breathing, wheezing, tightness across the chest, suffocation, or coughing, give from three to six drops of tincture Lobelia in each dose of the inhalation. Also apply, externally, over the parts affected, (and rub well in,) equal parts spirits turpentine, spirits of camphor and sweet oil from two to six times a day.

Diseases of the Liver, Kidneys and Urinary Organs.

FOR diseases of the liver, kidneys and urinary organs, apply Dr. Blood's remedies as per directions accompanying them.

Scrofula, Syphilis and Blood Poisoning.

THE directions accompany Dr. Blood's medicines for scrofula, syphilis and blood poisoning. Medicines can be sent by express.

Fever and Ague.

MIX together the three ingredients composing this treatment as follows: take twenty grains of salt, No. 1, twenty grains of powder, No. 2. one-half ounce of powder, No. 3, and stir them well in a glass of porter and drink the whole when the fever is off. Repeat this dose whenever there is any indication of a return of the disease. My Fever and Ague Pad *cures ninety-five per cent.* of the cases of chills and fever. It should be worn continuously below the sternum, or breast bone. The expense of the pad is only one dollar.

Rheumatism and Neuralgia.

GIVE my internal remedy for rheumatism and Neuralgia as per directions accompanying it, and apply my external remedies for the same diseases over the painful surfaces. My remedies for these painful and prevalent diseases are almost invariably successful in working a cure.

Hemorrhoids or Piles.

IN the treatment of this disease we are obliged to see the patient personally. Therefore, directions for applying the remedies are unnecessary here. We *never* fail in curing this distressing and heretofore incurable disease. *No fee required until cure is made.*

Tape Worms.

BEFORE treating a person for a tape worm he should fast twenty-four hours. *No food, and but very little water* should be taken into the stomach of the patient after breakfast of the day of fasting until the worm is removed on the following morning, A cathartic medicine should be taken the night before the worm is removed, that the bowels may be completely emptied before the medicine is given for the worm's expulsion. After

the bowels are evacuated, take five ounces of powder, No. 1, to which add a pint of water, and steep it for thirty-five minutes. Then add three ounces of powder, No. 2, and a half pint of water, and steep the whole together until the tea makes six ounces. Strain and give the tea to the patient, warm, in two doses, five minutes apart. After the tea is taken, the patient should suck a lemon or drink lemonade to keep the medicine down; he should also walk vigorously about the room until all symptoms of nausea end. In thirty minutes after the last dose of tea is taken, give the patient a bottle of citrate of magnesia or some cathartic to move the bowels as soon as possible. When a disposition to evacuate the bowels is felt, sit the patient over a vessel of warm water, and let the worm pass into the water. To find the head, strain the evacuations carefully through a sieve, and examine the worm thoroughly, if the head is detached, see if it is not fastened upon some part of the body. If the head is not found *after the most careful search*, give the patient a warm water injection; if this does not bring the head away, give another cathartic. If these directions are carefully followed, the worm can be secured without trouble. A patient of nerve and in good health can treat himself, and we can send the medicines via express.

Fever.

FEVER is a condition of imperfect reaction, a salutory effort of nature at elimination or repair, not a disease but an effort. It is invariably preceded by a shock, general or local, of long or short duration, followed by a fever, pain in the head, back, calves of the legs, general derangement of the secretions, high heat, frequent pulse and respirations.

The chief exciting causes of all forms, are anything that has a tendency to impair the functions of the body, such as a shock from cold, wet, damp, mechanical irritation, poisons generated by decomposing organic matter or otherwise. The miasma of sewers, putrid marshes, crowded abodes, specific poisons. Those and other poisons gain access to the body either through the skin, bronchial mucous membrane, and especially the salivary glands of the mouth. It is only on a predisposed or devitalized body that a poison acts. Residing in poisonous districts we constantly take in small doses of poison, which the vital forces eliminate. It is only the exhaustion of vitality that allows the poison to do its work. Fevers are either idiopathic, that is produced within the body itself, out of its own substance, or symptomatic irritation reflected from a wound or amputation. Besides these two conclusions there may be immaterial forces; these are only know to us by their association with ponderable matter. That

the poisons gain access by the salivary glands of the mouth is apparent by the disturbances of the stomach. Once the poison has gained admission and is diffused by the circulation through the system, its effects are to disturb the vitality of organic living matter with which it comes in contact.

General nervous depression is the characteristic of all fevers, pain is but a symptom of depression, partial death, nausea, loss of appetite, vomiting, diarrhœa, headache, etc., simply evidences of depressed vitality. In fever we have a diminution of evaporation, the dormant skin does not act as a refrigerator, destructive metamorphosis is great, the semi-vital chemical changes raise the temperature. Whenever we have rapid changes the temperature is raised, the passage of organic into inorganic matter is indicative of an advance of death, the frequent respirations, the dry dormant skin and torpid liver, give us the increased heat. The prognosis of fever will depend altogether on the amount of vital depression present. The treatment of all fevers is based upon one fundamental rule; stimulating the vital forces to a healthy reaction. See where vitality is wanting and aid in supplying it. An early condition, even in the stage of shock or incubation, is the lowered vitality of the stomach; how poorly it digests food, how it loathes to work. The poison that produces the fever, mixed with the saliva, has descended and may multiply its germs in the gastric mucous. At an early stage, even before or after the virus has

commenced to operate on the system, the fever may be often stayed by emptying the stomach with an emetic, so that the patient should drink freely of tepid water, with bicarbonate of soda, and then appropriate doses of green lobelia and bayberry should be given so as to produce free and copious emeses, and in some fevers, as a means of breaking up or cutting short, may be repeated daily. Succeeding the emetic, an alcoholic vapor bath. In exhausting fevers, like Typhoid, much advantage is derived after sponging, by anointing the body with Sweet Olive Oil. This softens the skin for the exhalation of water. Perfect rest in the recumbent position should be rigidly observed in all fevers. It is productive of life; symptoms become ameliorated, fresh air, great cleanliness, thorough sanitary and hygienic measures, good nursing, day and night, should be included. Physiological chemistry explains the necessity of drink in fever. Water requires to be in excess of the demand; acidulated drinks of hydrochloric or acetic acid enables the albumen to be acted on by the gastric juice, all acid substances have the power of increasing the alkaline secretions. Ease of mind and cheerfulness promote vitality, and the restoration of the body; normal warmth promotes reconstructive growth; depression lowers the power to produce heat. Artificial heat is a means of renewing life. Heat to the extremities in all fevers is readily assimilated and acts as a tonic. In our pathology of fever we have a condition of vital depression

and in order to meet this condition we must use arterial sedatives, as aconite, veratrum, digitalis, gelseminum, a class of remedies calculated to stimulate the brain; arterial sedation with these remedies must be rigid, the circulation well equalized, convalesence established upon tonics.

Typhus and Typhoid Fever.—All fevers are alike at their onset, nearly the same words would describe the earlier hours of the above named fevers, of simple fever, of remittent, of small pox, or measles. Till such signs appear as indicate the particular form of disease that is present, it will be necessary to adopt the most general remedies, if any, to moderate the force of the onset. Not only is it quite doubtful, at the commencement, what form the fever will assume, but it is not always certain that disease assuming febrile character is fever. But, to the general symptoms—to the uneasy and peculiar sensation in the stomach, the nausea, and giddiness, languor, lassitude, anxiety about the pit of the stomach, and region of the heart, alternate heats and chills, or a sense of creeping in different parts of the body—these are succeeded if the fever is to be Typhus or Typhoid, by symptoms of a more threatening character about the third or fourth day. The face will become suffused, will have a dusky, lurid look and the color may vary from a simple dingy hue, to the shade of new mahogany. The eyes will be suffused also. The tongue will become brown, and from the third to the seventh day the secretions that kept the mouth moist will dry and

blacken on the teeth, tongue, and lips. By the seventh day twitching will accompany every movement of the hands, there will appear over the chest, abdomen, arms, and legs, a blotchy eruption; rose-colored in Typhoid, deeper in Typhus. Each particular point of eruption will be very minute. But the eruption is not a constant sign, and is often overlooked altogether. In ten days, at the latest, sometimes, from the commencement, there will be delirium, generally not active but of a low, mumbling, muttering character, and all the senses will be dull, hearing especially indistinct, illusions of vision occurs, and the sufferer seems to grasp at things seen. Passages from the bowels and bladder may take place involuntarily. Pulse is one hundred or less, and becomes small and feeble. Dullness of the senses may pass to a state of insensibility. If the disease is Typhoid, there will be diarrhœa, and probably bleeding from the nose, in the first week, more or less bronchitis will occur in the course of either fever, and erysepelas, sometimes the pulse is not much affected in the beginning, but as the disease advances it usually becomes small, weak, frequent and often irregular. Such are the prominent symptoms of an ordinary case. If it proceeds toward a fatal termination, the symptoms of debility increase, and become extensive; the patient lies prostrated on the back, with extended arms, and insensibly glides down to the bottom of the bed; there is a continued state of insensibility; a low muttering delirium; a peculiar yet indescribable expression of anguish in the

countenance; twitching of the tendons; picking at the bed-clothes; involuntary evacuations and hiccough.

If the disease appears under the form of the severer or *malignant typhus*, frequently called *putrid fever*, its attack is more sudden and violent, its progress more rapid, and all the symptoms of debility appear earlier, and in a more aggravated form. Hence the rigors are extremely severe; the heat of the skin often peculiarly acrid and burning; the headache intensely painful; the expression of anguish indescribably acute; the pulse tense, hard, quick and fluttering. The prostration appears early, and is extreme. The fever sensibly increases every evening; the delirium is high; the complexion is brownish; the eyes are heavy; the breath hot and offensive. The duration may be from three to five weeks; commonly, the first improvement becomes apparent toward the end of the third week; there is more moist tongue, a less dusky face, and a slower, fuller pulse. Patients who get better begin to complain that they feel worse, because they begin to be conscious of how they feel, Both fevers are contagious, but typhoid only feebly so; and both are also epidemic. Typhus is often propagated by contagion, and when a person afflicted with typhus is confined in a damp, close and stagnant atmosphere, deprived of free ventilation, and exposed to the noxious inhalations of accumulated dirt and filth, he is in a condition to communicate the disease in its worst form, and it is from such a source that the severer or putrid

form of typhus commonly arises. Indeed, this fever frequently arises in crowded places. Among persons previously healthy, when due attention has not been paid to ventilation, and in this way it often appears in jails, transport ships, hospitals, and the crowded and filthy habitations of the poor.

Treatment in Typhoid or Typhus Fever.—Combat these diseases by medicines that are likely to improve the state of the blood. We must excite the kidneys, skin and bowels to carry off the poisonous accumulations of the system. Give at the commencement some mild aperient medicine to unload the intestines. Have the surface of the body well washed with soap and tepid water. Let the air from without have free access to the room. In winter have a good fire; let the food be beef tea; solid food cannot be properly digested; mixtures of farina, arrowroot, broth of vegetables, and fruits in their season, with one or two ounces of port wine or champagne. Ordinary cases thus treated, will go through very well with no other medicine than the liquor of acetate of ammonia; a teaspoonful once in two hours, or the carbonate of ammonia mixed with water in the proportion of one grain of ammonia to a teaspoonful of water, of which mixture a teaspoonful every two hours. *Never wake a patient to give medicine; sleep is a greater restorer of wasted vitality than any medicine can be.* In typhoid there will be diarrhœa, and as it is the result of disease in the intestines, no effort should be made to check it, as the retention of the diseased matter in the intestines would cause irritation and aggra-

vate the symptoms. When the symptoms of disturbance of the brain are persistent; when there is high delirium, excited restlessness; and when the breathing is irregular, there is great danger. The hair should be cut short, and the head kept cool with evaporating lotions, or by cold water. If the cold water proves ineffectual, give the following mixture:

Tartrate of Antimony and Potassia, -	3 grains.
Tincture of Opium, - - -	2 drachms.
Mucilage, - - - - - -	1 ounce.
Water, - - - - - -	5 ounces,

Let an adult take a tablespoonful of this every hour, till the head symptoms are relieved, and then it should be taken four or five times a day. Distension of the abdomen with gas, may be relieved with hot applications, or by a rubber tube passed up the rectum

Brandy and whiskey are sometimes useful. If given, a half ounce three times a day will be sufficient.

Simple Fever.—This fever is to be known by the presence of the following symptoms:

1. The heat of the skin is greater than natural.
2. The pulse is unnaturally frequent.
3. There is thirst.
4. Furred tongue.
5. Loss of appetite.
6. Change in the stools, in the urine, or both.
7. Languor of the body and mind.

Any of these symptoms may occur in other diseases, but their concurrence, and absence of any other of note, constitute simple fever, as a rule, all the symptoms are more marked toward night. Seven days is the ordinary duration of this disease and it is not dangerous.

TREATMENT.—Keep the patient quiet and in a room of mild temperature and well ventilated, if there is nausea, give a mild emetic; give a sponge bath of pure water or alcohol and water, also give a mild laxative. Aconite is the best internal remedy, one to two drops in water, every hour. The diet should be broths, gruel, and beef tea. Cold water and lemonade are the proper drinks.

GASTRIC SYMPTOMS.—Where gastric symptoms manifest themselves, treatment should be used the same as in simple fever. Trouble will result from the excessive irritability of the stomach, and the greatest difficulty will be found in the choice of some nutriment that will not be thrown up. Broth made from hard clams of small size, taken without admixture, with nothing in it but salt, will always remain, and will contribute greatly to the cure.

INTERMITTENT FEVER.—Intermittent fever, or fever and ague, is a disease consisting of paroxysms, or periods of fever between each of which there is a distinct and perfect intermission from febrile symptoms. There are several kinds or species of ague; but the *quotidian* which returns every day and the *tertain* which returns every other day, and the *quartan* occurring on the first and fourth days,

are the principle. I have remedies that are almost certain in the cure of this disease, one failure of cure would not occur in a hundred cases.

Remittent Fever.—Remittent fever arises from malaria, the same as does intermittent, and it is in some degree a modification of intermittent. I find no difficulty in overcoming this disease with remedies that can be sent by express.

Scarlet Fever.—After the existence of febrile symptoms and general indiposition, with more or less sore throat for a period varying from one or two to four days, the skin becomes hot, and an eruption appears, consisting of minute scarlet points collected in patches. This rash lasts about five or seven days, and then disappears, leaving the skin harsh and dry. While the eruption is out if the disease be of a severe type; the countenance is expressive of anxiety, the eyes are brilliant, there may be delirium, the patient is restless and sleepless, there is great thirst, nausea or vomiting, rapid pulse, quickened breathing, constipated bowels, scanty and high colored urine. The rash appears first on the face, then spreads to the neck, chest and trunk, and passes off to the extremities. In many cases, the sore throat, by the putrid and malignant character it assumes, becomes the principle disease. The practical point in the treatment of this disease is to assist the constitution in throwing off the poison which gives rise to the disease. This may be done in the milder cases, by doses of carbonate of ammonia every four

hours, and by frequently sponging the body with tepid vinegar and water, at the same time an aperient should be given if the bowels are constipated. The room should have free ventilation and should have an even temperature of about 60 degrees. Acidulated beverages, gruel and beef tea should be the diet. As the fever declines a tonic of citrate of iron may be given. A gargle of 15 grains of nitrate of silver to the ounce of water will relieve the sore throat.

How to Prepare and take Homeopathic Medicines.

FROM six to ten pellets may be taken dry on the tongue. If fluids are used the dose required may be dropped into a clean glass by holding the cork against the mouth of the vial. Add water, one tablespoonful for each drop of tincture. Stir with a clean spoon, and do not permit the spoon to remain in the mixture. If more than one medicine is used, have different spoons, and keep the medicine covered—Medicine should be taken half hour before eating, and two hours after. Never wake a person from sleep to take medicine. Give to adults from six to ten pellets, or one drop of tincture ; children one-half the above dose ; infants one-third.

Diet.

USE good, plain food in moderation. Meats, beef, mutton and fish are the most wholesome, and, whether broiled, roasted or boiled, have them thoroughly cooked. Tobacco and spirituous liquors should be avoided.

Diseases of the Human Body, and the Homeopathic Remedies in General use for their Treatment.

ASTHMA.—Ipecac, lobelia, nux vomica, cuprum.

Apoplexy.—Belladonna, nux vomica, opium.

Bilious Colic.—Nux vomica, colocynth, bryonia.

Biliousness.—China, pulsatilla, bryonia, nux vomica.

Bilious Fever.—Belladonna, aconite, bryonia, baptisia.

Bleeding from the Lungs.—Aconite, ipecac, china.

Boils.—Aconite, arnica.

Bronchitis.—Bryonia, phosphorous, causticum.

Canker in Mouth.—Hydrastis canad., mercu. protoid, nitric acid. Gargle with thirty drops tinc-

ture hydrastis to an ounce of water; use three times a day.

Catarrh.—Arsenicum, nux vomica, ammon. carb., nitric acid.

Chills and Fever.—Arsenicum, cedron, natrum mur.

Cholera Morbus..—Veratrum, ipecacuanha, arsenicum.

Cholera.—Camphor, veratrum, cuprum, arsenicum.

Cold.—Aconite, bryonia, phosphorous, nux vomica, rhus-tox.

Cold in the Chest.—Belladonna, bryonia phosphorous.

Convulsions.—Belladonna, ignatia, hyoscyamus.

Constipation.—Sulphur, bryonia, nux vomica.

Cramps in the Legs.—Veratrum, cuprum, camphor.

Cramps in the Stomach.—Colocynth, nux vomica, phosphorous.

Croup.—Spongia tost., bromium, kali bichrom.

Deafness.—Belladonna, pulsatilla, sulphur, merc. vivus, nux vomica.

Debility.—China, ferrum met., ignatia, nux vomica, phosphoric acid.

Diarrhœa.—Camphor, arsenicum, colocynth, ipecac, mercurius, veratrum, phosphoric acid.

Delirium Tremens.—Hyoscyamus and opium should be given alternately.

Diphtheria.—Aconite, belladonna, kali bromium, mercurius biniod.

Dropsy.—Aconite, apis. mell., apocynum cann., china.

Dysentery.—Mercurius, corrosivus colocynth, in alternation.

Dyspepsia.—Lycopodium, byronia, pulsatilla.

Earache.—Pulsatilla and belladonna alternately.

Erysipelas—Apis. mell., belladonna, rhus-tox, lycopodium.

Fainting—Camphor, spirits of ammonia, veratrum.

Fever.—Baptisin, gelseminum, arsenicum, rhus-tox and phosphoric acid.

Fever and Ague.—Ipecac, nux vomica, chenopodium, natrum mur.

Fits.—To be treated the same as convulsions.

Headaches.—Belladonna, aconite, coculus, gelseminum, glononine, nux vomica, pulsatilla.

Heartburn.—Carbo veg., nitric acid, pulsatilla, nux vomica.

Hiccough.—Iris vers, nux vomica.

Hives.—Apis mell., bryonia, rhus-tox. lycopodium.

Hoarseness.—Spongia, phosphorous in alternation.

Indigestion.—Pulsatilla, lycopodium, nux vomica.

Inflammation of the Bowels.—Mercurius vivus, lachesis, belladonna, aconite.

Inflammation of the Eyes.—Bathe with witch hazel and take belladonna and aconite in alternation.

Inflammation of the Lungs—Tartar emetic, sulphur, phosphorous, bryonia.

Inflammation of the Kidneys.—Apis mell., cantharides, nux vomica, aconite.

Inflammation of the Liver.—Mercurius, lachesis, belladonna, aconite.

Inflammation of the Pleura.—Aconite and bryonia.

Inflammation of the Bronchia.—Bryonia, aconite, phosphorous.

Influenza.—Arsenicum, phosphorous, causticum.

Itch.—Lycopodium and sulphur in alternation every two hours.

Leucorrhœa.—Inject witch hazel diluted with three parts water. Internal remedies—Hydrastus, macroten, nitric acid, syphia, pulsatilla

Loss of Appetite.—Bryonia.

Loss of Voice.—Causticum.

Measles.—Pulsatilla.

Menstruation Painful.—Witch hazel in thirty drop doses; chamomilla, cimicifuga, rac, pulsatilla.

Menstruation, profuse.—China, crocus sat., secali, nux masch.

Menstruation, suppression of.—Cimicifuga, pulsatilla, syphia, caulophyllum.

Mumps.—Belladonna, mercurias viv.

Nervousness.—Assafœtida, chamomilla, ignatia, coffee, nux vomica.

Nervous Debility.—Ignatia, phosphoric acid, nux vomica.

Nervous Headache.—Valerianate of zinc, glonoine.

Nettle Rash.—Crocus sat.

Neuralgia.—Kalmia lot., and arsenicum alternately, every 3 hours.

Nose Bleed.—Crocus sat, millefolium.

Pain in the Chest.—Bryonia alb.

Pain in the Lungs.—Ammonium carb, bryonia phosphorus.

Pain in the Side.—Chamomilla and pulsatilla.

Palpitation of the Heart.—Aconite, cactus, digitalis, nux vomica, chamomilla.

Pimples on the Face.—Spirits of camphor applied externally.

Paralysis.—Rhus-tox, nux vomica.

Pin Worms.—Give injections of pure sperm oil, also a dose of teraxicum, every 3 hours.

Pleurisy.—Aconite, bryonia.

Quinsey.—Aconite, belladonna, mercurius protiod.

Restlessness.—Belladonna, coffee, chamomilla.

Sea Sickness,—Ipecac, cocculus, nux vomica, petroleum.

Scarlet Fever.—Aconite, belladonna, mercur. sol.

Scarlet Rash.—Aconite and belladonna.

Sickness of the Stomach.—Ipecacuanha.

Sleeplessness.—Colcarea, phos., camphor, opium, assafœtida.

Small Pox.—Aconite, mercurius sol., tartar emetic. Use for a wash Hydrastis canad., one ounce of the tinc. to 8 ounces of water.

Sore Eyes.—Wash with diluted witch hazel.

Sore Mouth.—Gargle with witch hazel or hydrastis. Take nitric acid, mercurius, sulphur.

Sore Nipples.—Wash with witch hazel, arnicated oil, or phytolacca cerate.

Sore Throat.—Aconite, belladonna, hepar sulphur, mercurius protiod, and for ulcers in the throat, nitric acid.

Sour Stomach.—Carbo veg., nux vomica, pulsatilla, chamomilla.

Stomach-ache.—Colocynth, mercurius sol., nux vomica.

Stomach Worms.—Santonine, mercurius viv.

St. Vitus Dance.—Belladonna, cuprum met, hyoscyamus, ignatia, stramonium, nux vomica.

Stye.—Arnica, pulsatilla.

Sun Stroke.—Arnica and belladonna alternately, and bathe the head in tinc. arnica, one ounce mixed in a pint of water.

Swelled Face.—Bathe with witch hazel. Take belladonna, mercurius sol., apis mell., chamomilla.

Swelled Feet and Soreness.—Apis mell., bryonia, rhus-tox, cimicifuga.

Swelling of the Tonsils.—Belladonna, mercurius protiod.

Teething.—Aconite, chamomilla.

Toothache.—Aconite, belladonna, ignatia, chamomilla, mercurius viv, rhus-tox.

Typhus Fever.—Aconite, arsenicum, bryonia, belladonna, rhus-tox.

Urine Suppressions of.—Aconite, apis mell., cantharides.

Weakness and Soreness of the Bowels.—Tablespoonful of witch hazel 3 times a day, internally.

Whooping Cough.—Ipecac, cuprum drasera.

Directions for the Use of some of the Principle Homœopathic Remedies.

ARNICA.—For rheumatic soreness and lameness; pains as if bruised; soreness all over; results of injuries; boils; giddiness; disgust for food, and bitter eructation.

Aconite.—In fevers and for all inflammations when the skin is hot and dry, much thirst, and a rapid pulse, also for colds and for neuralgia, where there are shooting pains in the head, give it alone or in alternation with belladonna.

Arsenicum.—To be given in cases of watery diarrhœa with greenish brown discharges, much thirst, nausea, vomiting, with violent retching and extreme prostration, eruptions on the skin, with burning pains, asthma, pains in the face, colds, with watery discharges from nose and eyes.

Apis Mellifica.—In dropsy, with shortness of breath, swellings with biting, stinging pains, swellings under the eyes and of the hands and feet; also for pains and irritations of the kidneys, pain and difficulty of passing water, erysipelas, blotches, and painful eruptions in the skin, resembling nettle rash.

Belladonna.—For inflammation of the brain, for throbbing head-aches, restlessness, dizziness, scarlet fever, sore throat, inflammation of the eyes, swelling of the face and glands, throbbing pains in teeth and ears, convulsions, erysipelas and neuralgia, also a preventive of scarlet fever.

Bryonia.—For rheumatism, swelling of the joints, inflammation of the lungs, and pleurisy, head-ache, indigestion, bad or bitter taste in the mouth, pains in chest, constipation. For rheumatism alternate with cimicifuga or rhus-tox.

Carbo Veg.—For indigestion with burning sourness of the stomach, frequent and copious eructa-

tions of wind, diarrhœa, general depression and susceptability to colds, pain in the stomach, flatulency, pain in the region of the liver.

China.—The debility from loss of blood or fluids, easy perspirations, bad effects of malaria, yellow color of skin, diarrhœa from eating fruit, slimy, watery, yellow or undigested stools, bloating, and dropsy.

Camphor.—For cholera, watery diarrhœa, cholera morbus, severe cramps of the bowels, pains in the stomach, also for colds and influenza.

Cantharides.—In inflammation of the skin, with small itching blisters and burning pain, erysipelas, irritation of the urinary organs, constant desire to urinate, with inability to pass water, bloody urine, burning while urinating.

Chamomilla.—For diseases of infants, when they are fretful and are teething, greenish mixed stools, colic of infants, wakefulness, starting in sleep, convulsions and cough.

Cannabis.—For urgent calls to urinate, burning in the organs before and during, yellow mucous discharges, sharp, burning, cutting pains in the organs.

Coffee.—For excessive nervous excitability, sleeplessness from nervous excitement, tears, cries, and complaints from pains, diarrhœa during teething.

Colchicum.—For rheumatic pains, flatulent

colic, fatigue, vomiting of food, or bile, dysentery, diarrhœa of white transparent mucous.

Conium U.—For affections of old men, want of energy and nervous debility, falling off of hair, heartburn, dry convulsive cough, styes, and imperfect sight.

Calcoria Carb.—For enlarged or suppurating glands, slow or difficult teething, whites or too profuse periods, scabby eruptions and tetters.

Causticum.—For rheumatic and gouty pains, contraction or stiffness of tendons, convulsive attacks, hoarseness and loss of voice, dry shaking cough.

Hyoscyamus.—For excessive nervous excitement and sleeplessness, cramps, spasmodic affections and convulsions, croup-like cough at night.

Hepar Sulphur.—For inflammation and suppuration of the glands, scald head, moist tetters, eruptions, sore throat, hoarse, croupy cough, wheezing respiration, and sore throat.

Ignatia.—For vexation, unrequited love, hysterical debility, cramps and convulsions, twitching of the muscles.

Ipecacuanha.–For Summer diarrhœa and vomiting, asthmatic breathing, bleeding from different organs.

Iodium.—For swelling and induration of the glands, dejection, ulcers in the mouth, thickly coated tongue, goitre, white swelling.

KALI CARBON.—For drawing and shooting pains, head-ache, mumps, dropsical affections, suppressed menses, dry cough at night, and wheezing respirations.

KRESOTUM.—For scrofulous affections, weakness of memory, inflamed eyes, confused sight, morning nausea and vomiting, and convulsive cough.

LYCOPODIUM.—For eruptions on the head, baldness, ulcerated nostrils, hardness of hearing, acidity of stomach, loss of appetite, water brash, constipation, and copious expectorations.

LACHESIS.—For intermittent suffering, despondency, congestion, sore throat, continual hoarseness, palpitation of the heart, and asthma.

MERCURIUS.—For sore mouth with profuse saliva, ulcerated sore throat, mumps, swelled face, slimy, bloody diarrhœa with straining dysentery.

MEZEREUM.—For neuralgia, bruised or sore joints, whites like albumen, and aching pains.

NUX VOMICA.—For constipation with head-ache, colds and obstructed nose, pain in the stomach with flatulence, indigestion, piles, vertigo, excesses or excitements.

NITRIC ACID.—For inflammation or suppuration of glands, soreness of bones, pimples and pustules on the face, fetid urine, ulcer like chancres, hoarseness and coughs.

OPIUM.—For deep sleep and snoring, lethargy, convulsions, relaxation of the muscles of the face,

paralysis, heaviness of the head, torpor of the bladder, trembling hands and arms.

PHOSPHOROUS.—For nervous and physical weakness from loss of fluids, visions, tenacious phlegm in the throat, purging evacuations, and debilitating pollutions.

PHOSPHORIC ACID.—For nervous debility from venereal excesses or self-pollution.

PHYTOLACCA DEC.—For induration and swelling of the glands, inflammation of the throat, quinsy, tonsilitis, diphtheric sore throat, inflammation and suppuration of the female breast and ulcerations.

PLATINA.—For female affections, menses too profuse or too often; palpitation of the heart; menstrual diseases.

PLUMBUM.—For paralysis, epilepsy, great anguish, spasmodic asthma, colic, vomiting.

PODOPHYLLUM.—For affections of the liver, congestion, inflammation and obstructions, colic, gall stones, retention of bile, prolapsus uteri, prolapsus ani.

PULSATILLA.—For catarrh with thick, yellow discharges, indigestion, scanty or suppressed periods, loss of smell or taste, moving pains.

RHUS-TOX.—For rheumatic complaints, erysipelas, moist eruptions, night coughs.

RHEUM.—For colic and sleeplessness in children,

diarrhœa of children, copious urination, sour smelling liquid evacuations.

Ruta.—For dancing or dark shadows before the eyes, weak sight, spasm of the eyelids, pains in the bones.

Sambucus.—For fever with profuse perspiration at night, obstructed nose with thick, tenacious mucous, suffocating cough, wheezing and quick respiration.

Sabina.—For too copious menses, disposition to miscarriages, discharges of clotted or bright colored blood, leucorrhœa or whites, gout.

Sepia.—For female affections, headache, leucorrhœa, debilitating diarrhœa, pains in pregnant women, sick headache.

Silicia.—For softening or other diseases of the bones, obstructions, ulcerations or inflammation of the glands, offensive smell of the feet, leucorrhœa.

Spongia.—For pain in the larynx, roughness and dryness of the throat, hoarseness, hollow, dry or barking cough, croup.

Strannum.—For excessive emaciation, debilitating perspiration at night, mucus in the throat, pain or oppression of the chest.

Sulphur.—For pimples, itching and eruptions, constipation, piles, morning diarrhœa, bilious drowsiness, old eruptions, urinary incontinence.

Tartarus Emetic.—For continued nausea, vomiting with violent efforts, hollow cough, with rattling

of mucous, paralysis of lungs, palpitation of the heart.

THUJA OCCIDENT.—For warts, swellings under the tongue, face-ache, ear-ache, painful swelling of the glands, fig-warts, chilblains.

VERATRUM.—For vomiting and purging, coldness of the surface, cholera, spasmodic or whooping cough, palpitation of the heart, cramps in the limbs. Take No. 3 of the pellets or globules.

Directions for Using Liquids and Powders.

PREPARE the liquids, putting three to five drops into a half-glass of water; give a teaspoonful for a dose to a child under ten years of age, and for an adult a tablespoonful; give of the powders as much as would lie on a small silver three cent piece, dry on the tongue, followed by a draught of water; repeat the medicine every half-hour, hour, or two hours, according to the severity of the symptoms.

Directions for Using Globules or Pellets. Take No. 3.

GIVE from three to five globules at a dose to a child under ten years of age, and to an adult, eight globules, dry on the tongue, followed by a draught of water; repeat the medicines every half-hour, hour, or two hours, according to the severity of the symptoms.

Medicines Employed By the Eclectic School of Physicians for the Treatment and Cure of Diseases.

THE doses prescribed by the eclectics are generally more potent in the cure of disease than the smaller doses of the homœopaths, and I especially recommend persons afflicted with any disease set forth below, to employ the remedy and dose prescribed.

DOSES OF TRITURATED MEDICINES.

The following is a list of the principal Concentrated Medicines, the amount to be given, the diseases for which they are valuable, and the frequency with which the dose should be repeated until relief be obtained. The dose has reference to the triturated article only:—

TRIT. REMEDIES.	DISEASES THEY CURE.	DOSE.	REPETITION.
Ampelopsin.	Bronchitis, sore throat and scrofula	5 grs.	Every 2 or 3 hours.
Alnuin	Indigestion and debility	3 grs.	" 3 or 4 "
Apocynin	Inflammation of the bladder	1 gr.	" hour.
Asclepin	Pleurisy, (acute)	3 grs.	" half hour.
Baptisin	Prevents gangrene	5 grs.	" "
Caulophillin	Dysmenorrhœa	3 grs.	" 5 hours.
Cerasein	Enlargement of the spleen, and ague	6 grs.	" 3 "
Chelonin	Strengthens the stomach in debility	2 grs.	" 3 "
Chimaphyllin	Enlarged lymphatic glands	5 grs.	" 2 "
Collinsonin	Enlargement of the valves of the heart	2 grs.	" 2 "
Cornin	Intermittent diseases	5 grs.	" 3 "
Corydalin	Syphilis	5 grs.	" 3 "
Cypripedin	Nervousness	1 gr.	" hour.
Digitalin	Palpitation of the heart, and dropsy	¼ gr.	" 5 hours.
Dioscorin	Bilious colic	6 grs.	" 10 minutes.
Euonymin	Inactive liver, and costiveness	5 grs.	" 4 hours.
Euphorbin	Nausea and vomiting	1 gr.	" half hour.
Eupatorin	Gravel	3 grs	" 2 hours.
Eupurpurin	Rising of food, uterine debility and weakness	2 grs.	" 3 "
Frazerin	Night sweats, dyspepsia, and consumption	5 grs.	" n't. & m'n.
Gelsemin	Dysentery	½ gr.	" half hour.
Geranin	Hemorrhage	1 gr.	" hour.
Hamamelin	Hypertrophy of the heart, and leucorrhœa	3 grs.	" 3 hours.
Helonin	Disease of kidneys	3 grs.	" 5 hours.
Hydrastin	Debility, a pure tonic	3 grs.	" hour.
Hyoscyamus	Vertigo, and sick headache	¼ gr.	" 3 hours.
Irisin	Mercurial diseases	3 grs.	" 3 hours.
Jalapin	Dropsy of the bowels	10 grs.	" 6 hours.
Juglandin	Tetter, and salt rheum	2 grs.	" 6 hours.
Leptandrin	Aphthæ of the mouth and stomach	3 grs.	" 2 hours.
Lupulin	Spermatorrhœa	5 grs.	" 2 hours.
Lycopin	Excessive expectoration of pus from the bronchia	3 grs.	" 2 hours.
Macrotin	Leucorrhœa, rheumatism, and eruptive diseases	2 grs.	" 3 hours.
Menispermin	Old adhesions in pleurisy	3 grs.	" hour.
Myricin	Diarrhœa from weakness	2 grs.	" hour.
Phytolaccin	Syphilitic rheumatism	1 gr.	" 2 hours.
Podophyllin	Congested portal circulation	2 grs.	" 3 hours.
Populin	Nervous debility, and diseases of the bladder	3 grs.	" 2 hours.
Prunin	First stage of consumption	5 grs.	" hour.
Rhusin	Nursing sore mouth	3 grs.	" 2 hours.
Rumin	Scrofula	5 grs.	" 3 hours.
Sanguinarin	Constipation. croup, and colds	5 grs.	" 4 hours.
Scutellarin	St. Vitus' dance	6 grs.	" 2 hours.
Senecin	Female irregularity	5 grs.	" 3 hours.
Smilacin	Enlargement of heart	3 grs.	" 2 hours.
Stillingin	Bronchitis	1 gr.	" 4 hours.
Strychnin	Palsies and epilepsy	⅛ gr.	" hour.
Trillin	Gonorrhœa	2 grs.	" half hour.
Veratrin	All forms of bilious fever	1-16 gr.	" half hour.
Viburnin	Epilepsy	3 grs.	" 2 hours.
Xanthoxylin	Powerful stimulant	3 grs.	" half hour.
Santonine	Worms of all kinds	10 grs.	" 2 hours.
Emetine	Emetic	10 grs.	" 5 minutes.
Quinine	All periodic diseases, ague, neuralgia, etc., etc	5 grs.	" hour.
Colchicia	All forms of dropsy	1 gr.	" 6 hours.
Gossypiin	Emmenagogue	10 grs.	" 2 hours.
Lactucin	Wakefulness	½ gr.	" half hour.

REMEDIES.	DISEASES THEY CURE.	DOSE.	REPETITION.
Aconite	Typhoid and all forms of debilitating fevers	½ to 1 drop.	Every half hour.
Arnica	Bruises and soreness	1 to 2 drops.	" hour.
Lobelia	All spasms, asthma, and cholera	1 to 2 drops.	" half hour.
Veratrum viride	All inflammatory fevers, bronchitis, pneumonia, &c	1 to 2 drops.	" 15 or 20 min.
Xanthoxylin	Cholera infantum	5 to 10 drops.	" 10 or 15 min.
Capsicum	Fainting, and great prostration	10 to 15 drops.	" 20 or 30 min.
Cannabis Indica	Consumption	60 to 100 drops.	" 4 or 5 hours.
Matico	All cases of hemorrhage	30 to 40 drops.	" half hour.
Oil Erigeron	Uterine hemorrhage	10 to 40 drops.	" 10 or 15 min.
Tincture of Ignatia Bean	Tetanus, nervous spasms, &c	1 to 5 drops.	" 2 or 3 hours.
Rhus Radicans	Palsy, last stages of Typhoid fever	1 to 3 drops.	" 2 or 3 hours.
Gelseminum sempervirens	All Acute Inflammatory diseases, and all fevers where the brain is not affected	½ to 1 drop.	" half hour.
Oil of Capsicum	Asphyxia, from drowning, chloroform, &c	1 drop.	" 5 minutes.
" Cubebs	Gleet	5 drops.	Three times per day.
" Ergot	Night sweats, and copious expectoration in consumption	1 drop.	Every hour.
" Male Fern	Tape worm	60 drops.	" hour.
" Lobelia	Whooping-cough, and infantile spasms	¼ to ½ drop.	" hour.
" Black Pepper	Chronic ague	5 drops.	Five times a day.
" Stillingia	Bronchitis	½ drop.	Every hour.
" Fire Weed	Piles	5 drops.	Four times a day.
" Skunk Cabbage Berries	Whooping-cough	1 to 3 drops.	Every hour or two.

FLUID EXTRACTS.

The fluid extracts can be used in about the same doses as the essential tinctures.

Bright's Disease.

THIS is a disease of the kidneys, the distinguishing peculiarity of which is the presence of the serum of the blood in the urine, the albumen of which coagulates on the application of heat; there may be only sufficient to

cloud the fluid, or enough to form nearly a solid mass. The causes of this disease are various; it may be severe cold, repressed perspiration, or immoderate use of stimulants, and it not uncommonly follows scarlet fever. Anything that may excite and keep up inflammation may lead to the change of structure that marks this disease.

It is usually accompanied by febrile symptoms and dropsical swellings of the face and extremities, and eventually of the body, also, there is a bloated expression of the countenance, with a singular pallor, and there is swelling of the feet and ankles, also, persistent head-ache and dyspepsia, and in some cases diarrhœa and vomiting. All these indicate such a change in the kidneys as to prevent the performance of their functions; the kidneys cannot carry out the water properly and the system becomes dropsical, it decomposes the blood and the nutrition fails; it does not carry from the blood certain poisons that are in it, and these remaining, disturb the nervous system, producing head-ache, vomiting, and eventually more or less paralysis, stupor, and sometimes convulsions.

Persons suffering from this disease should consult me without delay.

False Prejudices.

IT has been the fashion to impugn the motives of all persons who attempt to confer benefits upon the world by the exposure of error and the advancement of truth. Indeed, such a one is almost esteemed a criminal, for men part with their conceits with as much reluctance as they do with their purses. Compel a man to change his mind, and you may as well compel him to surrender his purse, for brains and brass are frequently carried in the same pocket-book. This accounts for a great part of the opposition to new ideas and the admission of facts that have a tendency to change the existing order of things. Men are deterred from espousing the truth because of the expense attending it. On this point they are keenly alive. Money must not be placed in jeopardy. Health may be neglected, sickness may be endured, suffering may rob you of rest, and even death may enter our dwellings without hindrance, but do not touch my dollars. If the reader thinks I am publishing this book for the simple purpose of building up a private practice which will enable me to realize wealth, he is very much mistaken. I understand the value of wealth, and have tasted of its enjoyments; I know its power. Its possession will transform an ass into a reputable-looking man. Virtue wilts before it, and men and women bow in devout homage before the golden calf. Justice opens her eyes when her ears are tickled with the

sound of tinkling silver. Without it, men go down under the "slings and arrows of outrageous fortune."

I have gratuitously distributed a paper, published by me, from Maine to California, and it has done much to educate the people out of the error of filling the stomach with drug-poison, in the vain hope of restoring that nice harmony in the system called health. Men and women, after reading this paper, have drugged less than formerly, their children will drug less, and their grandchildren may not drug at all. Chemistry and surgery will survive, but they will not be able to save their "blighted brother" drug from the condemnation of time's kingly scorn, and the world will be the better for it.

"The man is thought a knave or fool,
Or bigot plotting crime,
Who for the advancement of his kind
Is wiser than his time.
For him the hemlock shall distil;
For him the axe be bared;
For him the gibbet shall be built;
For him the stake prepared;
Him shall the scorn and wrath of man
Pursue with deadly aim."

But the Reformer,

"Poudly careering his course of joy,
Firm in his mountain vigor relying,
Breasting the dark storm, the red bolt defying,
His wing on the wind, and his eye on the sun,
He swerves not a hair, but bears onward, right on."

He receives no doctrine or opinion upon the

mere authority of others. He feels himself a man, and relies upon himself as one made in the image of his Maker.

"Slave to no sect, he takes no private road,
But looks through nature up to nature's God."

He adopts his views regardless of praise or censure. He never sets his sails to catch the gale of popular opinion, but

"Malice, envy, spite, and lies
Shall desecrate his name;
But truth shall conquer at the last,
For round and round we run,
And ever the right comes uppermost,
And ever is justice done."

Midwifery.

MENSTRUATION. Menstruation generally commences with a young Miss between the ages of 13 and 16 years, although they may begin as early as 11 or 12. A considerable period may elapse between the appearance of the first and second menstrual discharges; but when they are properly established, their occurrence at regular periods may be calculated upon with great certainty, unless some functional or other derangement of the system interferes with them.

From twenty-eight to thirty days is generally the intervening period, but with some females it occurs every three weeks. The quantity and duration of

the flow varies with different females ; but the regular occurrence of the issue is important to health. This should be borne in mind, and due care taken not to suppress the discharge by exposure to cold or wet, or by violent exertion of any kind about the time when it may be expected.

It is *desirable* that young females should be informed by their mothers, or by those under whose care they are, of what may be expected at a certain age, or they may be alarmed at the first appearance of the menses, and do mischief to themselves in their efforts to stop the flow. If the menses do not appear at the usual age, or for some years after, no alarm need be felt, providing there is no constitutional derangement which can be attributed to this cause. Some women never menstruate, although they marry and have children.

The disorders of this function are : suppression of the menses, dysmenorrœa or painful menstruation, and menorrhagia or profuse menstruation.

Suppression of the Menses.—Sudden suppression of the menses may arise from exposure to cold or wet ; from extreme mental distress, and several other causes ; it is generally accompanied with headache, pain in the loins, difficulty of breathing, and shivering. In this case the patient should take warm saline aperients till the bowels are freely opened, have hot poultices applied to the lower part of the abdomen, immerse the feet and ankles in hot water, rendered stimulant by the addition of mustard ; if the pain is extreme, take an opiate every three or four hours, and take an injection of

one drachm of turpentine, and half a drachm of tincture opium in four ounces of water, after which the patient should be kept as quiet as possible.

Chronic Suppression may result from the acute, or from defective nutrition of the organs. In this case, the warm hip baths should be used at about the period for menstruation. Also give a uterine stimulant as follows:

Ergot of Rye, - - -	20 drops
Essential Oil of Juniper, - -	1 drop
Aloes, - - - - -	5 grains

The above can be taken every two hours until four doses are taken. These means of promoting the discharge in any case must not be prolonged beyond the menstrual period, between which all possible means must be taken to strengthen the system; good diet, plenty of exercise, the shower-bath or tepid sponging and aperient medicine.

Painful Menstruations are the rule with some females, but the exceptions with most. It does not appear to be in any way connected with the quantity of the discharge, and it may attend both the secretion and the emission, or but one or the other of the processes, and but partially, coming on in paroxysms, or continually, during the whole process. The matter discharged is often thick and membranous, and sometimes has in it clots and streaks of blood. In this case we must resort to warm hip baths and frictions, saline aperients, opiates, and a spare diet. As a local palliative,

application of heat to the region of the womb, and over the whole surface of the abdomen, also at the same time give hot foot baths.

PROFUSE MENSTRUATIONS.

Menorrhagia.—The discharge is too profuse, lasts too long, and appears too often. The usual duration of the period is from 3 to 5 days. The blood is sometimes discharged in gushes, and mixed with clots, so that if it occurs in married women it is not easy to distinguish it from miscarriage. In the intervals a discharge of whites is constant. The patient becomes debilitated and pale, head-ache, palpitation of the heart, swelling of the feet and limbs, nervousness, derangement of the stomach and bowels are general attendant symptoms. Absolute rest is required in this difficulty; food and beverages should be taken cold. Cold applications may be made to the abdomen. Saline aperients should be given. The following is also useful:

Sulphate of Quinine, - -	16 grains.
Water, - - - - - -	2 ounces.
Sulphuric Acid, - - -	½ drachm.

Take a teaspoonful once in 4 hours.

Leucorrhœa or Whites.—This affection is associated with general debility. It is very important to attend to this trouble in its early stages.

Lime water should be taken every day in divided doses amounting to a pint, a tea made from equal parts Buchu leaves and cubebs is excellent, a table-

spoonful should be taken 3 times a day, half hour before meals. The bowels should be kept open with aperients. In obstinate cases an injection into the vagina should be taken of equal parts alum and sulphate of zinc, say one-third of a teaspoonful of the alum and zinc to 8 ounces of water.

CHLOROSIS, OR GREEN SICKNESS.—This occurs in young girls suffering from some irregularity or disorder of the menstrual function. It is characterized by a pale, blanched complexion, languor, listlessness and depressed appetite and digestion; the several secretions being faulty or inert, especially at the commencement. The great object of treatment is to get the system into a state of good general health and to improve the quality of the blood by the use of tonics, alteratives and aperients; moderate exercise should be taken and the patient should have a substantial diet.

As a medicine give the following:

Aloes, - - - - -	3 grains.
Sulphate of Iron, - -	20 grains.
Ipecacuanha, in powder, -	3 grains.
Aromatic powder, - - -	6 grains.
Extract of Gentian, - -	2 scruples.

Mix, and with a little syrup make the whole into a mass, to be divided into 20 pills. Two to be taken 3 times a day after eating.

PREGNANCY.—The period from time of conception to that of delivery should be 40 weeks, or 280 days.

The chief signs of pregnancy are: 1.—The stoppage of the menses; although this is not an unfailing sign, for sometimes the discharge will cease from other causes, and sometimes it will continue after conception has taken place. 2.—Morning sickness which generally commences about the 4th or 5th week, and lasts to about the 4th month; with some this is but slight, and causes but little inconvenience; but with others it is more continuous and serious, sometimes causing the rejection of all food for a considerable period. This symptom, again, connot be taken as a proof of pregnancy; it is merely a suspicious circumstance, to be watched in connection with others. 3.—Enlagement of the breasts, which generally increase in size about 2 months after conception; they become tender and sore, they throb and burn, and when pressed by the hand, have a hard knotty feel, in consequence of the swelling of the glands by which the lacteal fluid is secreted; the nipples also become more prominent, and increase in diameter, while the aureola around them assumes a purpleish tinge, and has on it several little raised pimples of a yellowish white color. 4.—Enlargement of the womb and abdomen, which in the 4th month becomes very perceptible; the womb, which may now be felt in a rounded firm body, having ascended above the bone of the pubes, and pushed the bowels up into the abdomen. 5.—A tendency to flatulent distension of the stomach, towards evening especially, rendering insupportable a pressure of stays, etc., which in the morning

could be easily borne. 6.—"Quickening" which is the mother's first perception of the second life within her; there is at first, probably, a very slight tremulous motion, like a mere pulsation; this, day by day, grows stronger, until it becomes quite distinct, often painfully so. There are other and less obvious signs; the patient is generally fidgety, peevish, and restless, exhibiting a high degree of nervous irritation; she has odd longings and fancies for things which should be procured for her if possible, at such times she requires soothing; harsh and unkind treatment will be most likely to have a most injurious effect both upon her and her offspring. During the last months of pregnancy a varicose condition of the veins of the legs occurs, which are exceedingly painful, so that an elastic stocking should be procured and worn. Constipation is nearly always present. The pressure upon the lower bowels, being the cause. No violent cathartic should be taken at this period, a moderate dose of castor oil should be given every other day. The troubles peculiar to pregnancy should be managed, rather then actively treated. They are mainly a necessary consequence of a condition that can be completely changed only in nine months. Delivery will cure them all, every dose of medicine given to a pregnant woman has an ill effect on the child. No pregnant woman should witness scenes of distress or suffering. She should be kept free from all trouble or embarrassment, if possible.

Labor or Childbirth.—Several preliminary

matters deserve attention in the preparation of the lying-in chamber. The bed should be covered with a rubber sheet; the patient should have on only her under garments and night-gown, over which, so long as she is able to move about the room, she should have on a loose dressing-gown. The room should be well ventilated, and kept in a moderate temperature. If the bowels be constipated, give an injection of warm gruel as soon as labor begins. The last stage of labor is often shortened thereby. The diet, until labor is finished, should be light, but nourishing; no male physician should ever attend a women in confinement; female physicians should always be employed, if within reach, and if not, a good midwife should be present with the monthly nurse, and some lady attendant.

If the patient be a strong, healthy woman, and no unusual complications arise to disturb the natural process, but little aid or interference may be required. There will be the usual morning symptoms—intermitting pains, pains in the back, slight at first, but increasing in intensity; there will probably be a slight discharge of mucous, stained with blood, and perhaps, also, a considerable discharge of a clear fluid, called "the water." This is an albuminous fluid, filling up the membrane in which the fœtus floats, and so preventing pressure. It sometimes does not escape until labor has actually commenced, by the falling down of the child into the pelvis. When this takes place, the recumbent position should be assumed; previous to this, it is best for the patient to sit upright or walk gently

about, and so assist the action of the uterus. When the child is born, care should be taken that it has breathing room, and that the bed-clothes do not prevent access of air to its mouth. When the body has been expelled, it should be turned on its back. The infant will generally begin to cry immediately; should this not occur, a few slaps should be inflicted on the face, chest, etc., with a towel dipped in cold water. This, in most instances, will suffice to cause the child to draw in a short inspiration; it will then cry, and respiration will be fully established. As soon as this takes place, the navel-string is to be tied and divided. This is a very simple operation, and only requires attention to the following directions: take four or five lengths of strong, brown thread; of these make two strings, each about sixteen inches long, tying a knot at each end; the navel-string being then taken hold of, is to be tightly tied around with one of these ligatures at about one inch and a half from the child's abdomen. The other ligature is to be tied about two inches nearer to the mother's. The navel-string is then to be cut through with a sharp pair of scissors between these two ligatures. If it should bleed afterwards, another ligature should be tied.

We must now give attention to the placenta, or after-birth. The removal of this is often a delicate and dangerous operation. It is often discharged without any other assistance than the natural power of expulsion given to the womb within an hour or so after the delivery, sometimes immediately after, and until it is, there must be some anxiety as to the

result. The labor pains caused by the contraction of the womb, continuing at longer or shorter intervals to rack the patient, and serious flooding generally coming on, if the offending substance is not quickly removed.

When the after-pains, as they are called, are protracted beyond the period named, and the placenta does not come away, the physician or nurse will generally assist nature in bringing it away; one hand is pressed on the lower part of the abdomen, and the other, well oiled, is passed gently into the womb, so that it can grasp the after-birth, and, without breaking or tearing the substance, bring it carefully away from its point of adhesion, waiting for a return of the after-pain to remove it entirely. Force must not be used, unless the case becomes desperate, and the patient appears liable to sink from a continuance of the pains and loss of blood, in which case it is better to risk tearing it away; but in all cases dexterity is better than force. By giving the after-birth a slightly twisting motion as it is withdrawn, the membranes which line the interior of the womb during pregnancy may generally be detached and brought away with it; but if they cannot, they may safely be left to be afterwards discharged, as they do not cause the irritation which the placenta does. Force in the abstraction of the placenta may turn the womb inside out, like a pocket, and this produces very serious results.

As soon as the placenta is removed, a broad bandage or towel should be placed around the body of the mother, so as to cover the hips, drawn tightly,

and pinned or tied, so as to sustain a pressure upon the womb, and stimulate the vessels to return to their normal condition.

If the after-pains are severe, they may be relieved by a pill containing one grain of opium and two grains of camphor; but it should be remembered that up to a certain period these pains are useful and salutary. Perfect quiet is to be enforced for three or four hours. The patient must not assume an upright or sitting posture suddenly. A little gruel may be given. The soiled clothing should be removed and clean ones substituted, and the patient moved up in the bed and left to sleep if possible. Light nourishment, as sago, gruel, beef tea, may be given from time to time. For eight or fourteen days the patient should keep the recumbent position. Some women feel so well and strong in a day or two that they will sit up, and sometimes even get out of bed. Getting out of bed too early after childbirth is the fruitful source of a thousand uterine complaints. From ten to fourteen days should be passed in bed after childbirth in order that the chords holding the womb may contract to their normal condition before any strain or weight is placed upon them.

Flooding.—This accident occurs in weakly persons immediately after delivery. It is owing to deficient contraction of the womb. If the womb contracts, its muscular fibers, like so many chords, bind up the mouths of the blood vessels, and blood cannot be lost. If, on the contrary, from exhaustion or other cause, the womb lies loose in the abdomen,

after labor, the mouths of the vessels are open, and the blood is lost in gushes. Contraction of the womb is the only remedy for hemorrhages from that organ, and, therefore, our efforts should be directed to secure this contraction as speedily as possible. One of the most effectual means to secure this is by friction and pressure of the surface of the abdomen over the seat of the womb. This part should be well rubbed, until the womb is found to contract under the hand, when the bleeding will be arrested.

Another effective means of arresting hemorrhage is dashing cold water over the naked abdomen from a slight elevation. After this operation, continue the cold applications by applying wet cloths over the abdomen until hemorrhage ceases. Should this plan fail, and there is reason to suspect the presence of clots of blood in the womb, the midwife's hand should be oiled and introduced, and the clots withdrawn, when the bleeding will often immediately cease. Should the rush of blood be so profuse as to produce great and sudden exhaustion, and threaten the immediate extinction of life, the warmest and most active cordials should be given. Wine and brandy, undiluted, should be administered. Opium is of the greatest value in this condition, and it should be administered in liberal doses—say forty drops of the tincture in a tablespoonful of brandy.

Puerperal Convulsions sometimes occur during the latter weeks of pregnancy; but are more imminent during labor. In one class of these con-

vulsions they are preceded by headache, giddiness, sense of weight and throbbing, and other symptoms of congestion of the brain. In another class, and that the most numerous, they occur in weak, nervous, hysterical females. If they occur during labor, they generally subside as soon as delivery is completed. Where there are signs of congestion about the brain, strong purgatives and injections should be given, and leeches applied to the head. Mustard plasters should be applied to the soles of the feet and the calves of the legs. In the cases which occur among nervous, hysterical and feeble women with small pulse, a different treatment should be followed. Here the fits are rather dependent upon exhaustion than on congestion. Let the patient breathe from time to time a little chloroform on a handkerchief, not enough to put her to sleep, but sufficient to quiet the system, and prevent the wear of labor.

Management of the Infant.—The cord, or navel-string *should not be cut* until the infant has shown some signs of life; *until it has breathed, it must depend upon the circulation from the placenta.* Should the child not breathe immediately after its delivery, it should be placed in a warm bath, while attempts are made to inflate its lungs by breathing into its mouth, holding the nostrils, to prevent the escape of the breath that way. Gentle pressure should at the same time be made upon the upper part of the wind-pipe, to open the orifice of the larynx, and thus facilitate the entrance of air into

the lungs. The sides of the chest should then be gently depressed, so as to empty the lungs. These operations may be alternately repeated so long as the slightest pulsation can be felt in the region of the heart. The child having been separated from its mother, is to be wrapped in a warm flannel. It should then be well washed with warm water and soap, near a fire and in an even temperature. The child's body is covered with a white, unctuous substance, which is sometimes difficult to remove. If the first soap and water washing does not remove this, the surface should be smeared with oil or lard before the second washing; this will soften this substance so it can be removed. When the child has been wiped dry, the remainder of the navel-string is to be enclosed in two or three folds of soft rags and laid upward on the abdomen. A band of soft flannel should then be passed twice around the body, not tightly. If the navel-string should ooze at all—and this should be carefully noticed before the bandage is placed; a second ligature should be tightly tied. If, however, it should still bleed, a little plaster of paris will stop it. In from five to ten days the navel-string separates; it should not be pulled at, as this may lead to protrusion afterwards. After the washing and dressing are complete, the child should be placed in bed with its mother, and its mouth put to the nipple. There may, and there may not be milk at first, but the child's suction accelerates the secretion and stimulates the womb to contract, thereby diminishing the risk of hemorrhage. The warmth

of the mother will be of service to the child. Newly-born infants do not maintain their own warmth. When thoroughly warm, the infant may be placed on a pillow in a cot. If no milk appear in the mother's breast after twelve hours, nothing should be given to the infant but warm milk and water; this should be repeated every two hours until the mother can afford a supply. If the bowels of the infant should not move for a couple of days give a teaspoonful of castor oil.

PUERPERAL FEVER.—This fever arises from inflammation of the membrane, and sometimes of the womb itself, and its veins and absorbents—it runs a very rapid course, and is often fatal. It assumes the character of an epidemic, and frequently causes great mortality. It is sometimes called *puerperal peritonitis*, because the peritoneum appears to be its chief seat; great tenderness of the abdomen, with fulness and tension, is one of its most constant and characteristic symptoms. There are also usually an anxious countenance, sickness, hurried respiration, a furred tongue and a stoppage of the secretions, especially the milk. It is often difficult to distinguish between this fever and true peritonitis, and only one skilled in the diagnosis of diseases would be likely to treat it properly.

INSANITY, PUERPERAL.—Either a few hours or days, before or after childbirth the mother becomes somewhat strange and excited, suspicious of her friends and attendants, imagining evils and dangers

to herself or child, or her affections are entirely alienated from her offspring, which, if not carefully watched, she might injure. The patient's spirits are greatly depressed; she will cry often and long; melancholy, alternating with the state of excitement characterized by incoherent volubility and irritability of temper. The symptoms may subside in a few hours, or they may pass into furious mania or melancholy. The above constitutes the faintest outlines of this affection, which presents many forms and degrees of severity.

Upon the first appearance of the symptoms a dose of tincture of opium should be given—say from twenty to forty drops and repeated at intervals of four to six hours, according to the effect produced. An aperient should be given if the bowels are costive. The greatest care should be taken to prevent the patient injuring herself or child.

Milk Fever.—At the secretion of milk there is inevitable excitement. What is called milk fever is an aggravated form of the excitement, which takes place at the outset of lactation; its first symptoms are increased heat of the system, preceeded by shivering, and sometimes accompanied by vertigo and slight delirium; these are followed by severe headache, thirst, dry tongue, quick pulse. throbbing of the temples and intolerence of light. Spare diet, cooling drinks and aperient medicines should be the treatment. The head should be kept somewhat elevated, and bathed with cold camphor water.

Gathered Breast.—There are sharp, shooting pains and hardness of the breast, with redness of the skin, as the inflammation extends and approaches the surface. When matter has formed and comes to the surface the pain is less acute, but still severe and throbbing; shivering takes place; the skin becomes discolored at one or more points, then gives way, and the matter is discharged often in great quantities. Such are the symptoms in the commonest form of inflamed breast, occurring to women who are suckling or weaning.

The fullness of the breast is relieved by suckling, or the breast-pump, or drawing-glass. In addition to this, rubbing the surface of the breast gently with camphor-liniment three or four times a day, after which apply cloths wet in cold water. Sucking the breast in case of threatened abscess is sometimes resorted to.

Cracked Nipples.—Very painful and distressing cases of sore nipples frequently occur after childbirth. Sometimes they cannot be avoided, but frequently they arise from too great an anxiety on the part of the mother, who is constantly meddling with them. Nipple shields may be readily procured, and should be used when the nipples are too sore and tender to bear the application of the child's mouth; in this case the milk must be drawn from the breast and given to the child in a feeding bottle. Glycerine, applied with a camel's hair brush, is useful in sore or chapped nipples.

WHITE LEG.—(*Inflammation of the Veins of the Lower Extremity.*)—At an uncertain interval after childbirth, the patient experiences shivering, rapid pulse, sense of prostration and thirst. Pain is felt in the region of the womb, and, in the course of a day or two, extends to the groin and upper part of the thigh, which are tender when pressed. The tenderness may be traced in a narrow line along the inner side of the thigh down to the back of the knee-joint, and down the calf of the leg. The skin of the leg and entire limb becomes tense, white and shining, hence the name of the malady.

The impression of the finger is retained for some minutes after its pressure has been removed; movement of the limb becomes painful. Leeches should be applied to the groin, followed by fomentation and poultices. Ten grains of Dover's powders to be given at night to allay pain. The bowels should be kept laxative; the entire limb should be enveloped in flannel wrung out of warm water, and then enclosed in a water-proof covering; use stimulating liniments.

The Human Stomach.

THE GRAVE FOR FISH, FLESH AND FOWL.

DISEASE marries disease; generation after generation, until inheritance compounds a variety of diseases in each person; then add to this a diet of improperly cooked meats, and

mankind become walking hearses for dead animals. Buzzards, condors, hawks, eagles, chickens, fish, gorge carrion till they vomit, and then they gorge again. The human buzzards and condors, who eat rare flesh, are more depraved in their appetites than the birds who subsist on carrion. Man is supposed to be endowed with reasoning intelligence and the means to make his choice of food, while these carrion birds must be filthy or starve.

Hemorrhoids or Piles.

I WISH to impress upon the mind of the reader that I have discovered a *perfectly safe and painless process for removing piles. I can cure the most aggravated form of the disease in from one to six weeks, and I make no charge whatever until the cure is established.*

To Invalids.

I would most respectfully inform persons suffering from *Catarrh, Laryngitis, Bronchitis, Asthma, Consumption, Neuralgia, Rheumatism, Fever and Ague, Piles, or from diseases of the Liver, Kidneys, or Urinary organs,* that I have had twenty years of the most extensive experience in the treatment of these diseases, and that I have *reduced the cure of several of them to a mathematical certainty, and in*

all of these diseases, *I make cures where everything else tried has failed.* Persons residing at a distance from any of my offices can write me a history of the symptoms attending their diseases, and, if desired by them, I can send remedies suited to the requirements of their case by express.

People Should not Sleep Together.

UNLESS persons are in robust health they should not sleep in the same bed, nor indeed, in the same room, unless there is the most perfect ventilation. The production of animal heat in old or debilitated persons is comparatively feeble, and if they are in close contact with healthy persons, they will gradually absorb their heat and debilitate them.

Again, the healthy person is constantly exposed to their morbid exhalations if they are in ill health. Children should never sleep with old persons. I suppose it would be a physical impossibility to separate the beds of most husbands and wives, but if a vigorous vitality was of more importance than present comfort, the husband and wife would occupy separate beds, though placed side by side in the same room.

I know a gentleman who has been in feeble health all his life, and, although only fifty-one years of age at this writing, he has followed to the grave seven wives, and is now looking for the eighth.

Each of these women was in perfect health when married to him, but so soon as they began to sleep and cohabit with him, they began to fade like plucked flowers that are without nourishment. Thus thousands of lives are being gradually absorbed.

We all meet people in every-day life who are like sponges. Contact with them depresses us physically and mentally. Such people should not be seen any oftener than the necessities of our relationship with them demand, and our interviews should be short, sharp and decisive. The atmosphere about such people is a continual cloud, and those who inhale its poisons fade and die.

Where are Our Reformers?

THE alcoholic liquors consumed in this country costs annually over $900,000,000, and the tobacco $200,000,000. Three-fourths of the crime committed is the direct or indirect result of this vast consumption of liquor and tobacco.

Man has fallen so low that he does not even respect himself, and how is it possible for a beautiful, refined woman to even tolerate one of these walking gin and tobacco carriers? I have often been forced to sit beside men in railroad cars and in public places, the stench from whose persons was more revolting than would be the atmosphere surrounding a million goats; and I have contemplated them with perfect disgust, and fancied that if any lady of refined sensibilities ever endured their

presence or embraces, that it was done for a home; and when I heard of these men's wives falling from their natural high estate, and seeking the society of more cleanly men, I could not find it in my heart to reproach them. There is a great work on hand for our modern reformers. The land is full of intemperance and licentiousness; the two go hand in hand, and unless there is an immediate stay put upon these gigantic and increasing evils, our beautiful country will become a modern Sodom and Gomorrah. The handwriting is on the wall, and our destiny as a people is sealed if we do not rise up against these infamies, and banish them from our midst.

The Slave to Tobacco.

WHAT a slave is he who has learned to chew and smoke tobacco! He must have a plug or paper of the weed in his pocket, a quid in his mouth, a pipe or segar. He would be shunned by everybody if he alone possessed the habit; but as he has plenty of company in his filthy practices, those who do not use the infamous weed are obliged to tolerate the nauseous smell from permeated clothing, and the vile exhalations from the breath and body. Tobacco causes sallowness of the skin, loosens the gums from the teeth, and causes their premature decay. It impairs the voice, and often causes its total loss. It disorganizes the stomach, blunts the

sense of taste, induces dyspepsia, and makes a man a walking stench. It excites a morbid thirst and creates a desire for intoxicating liquors. It enfeebles the brain, and stupefies the intellect, It produces an immoral teaching upon the community, and it costs the people of this country at least $200,000,000 annually.

If this vast sum, that is worse than thrown away, was distributed among the poor of our land, what misery it would save, and how much crime it would prevent, is beyond human calculation. I would as soon have a pole-cat in my dwelling as an inveterate smoker and chewer of this diabolical weed, and it appears to me if the victim to this loathsome practice was not blind to every manly instinct, he would not intrude his segar or tobacco among people to whom it is objectionable. Go where you will, you meet some loathsome tobacco smoker or chewer who makes you ill from his vile smell.

Marriage.

HISTORY of past generations shows that marriage is conducive to health, longevity and morality. Single men and women do not live as long as the married, neither do they enjoy as robust health. Persons contemplating marriage, should exercise as much care in the selection of a life partner as they would do in the choice of a house or a home to dwell in.

In the propagation of animals we always select the very best breeds to be found. No sane man would expect to raise a well-formed, vigorous and healthy colt from scrofulous, broken-winded and puny parents. That marriage may be happy and productive of healthy and vigorous children, morally and physically, some judgment should be exercised in the selection of a wife or husband. The parties ought to be of equal station in life; there should be similarity of tastes, temper and education; and there should not be too great disparity in ages. Winter and Summer can never blend, and the man or woman who will marry a person fifteen or more years their seniors, sacrifices a life of happiness for the gratification of a present lust, or for some pecuniary consideration. With most women marriage is the paramount aim and object of existence, and why should it not be when she stands on no terms of equality with man? A man's selfishness led him to deprive woman of her rights, and she is only an appendage or hanger-on to himself.

Marriage is the only resource left her for a home and a support after she leaves her parental roof. This is an accursed condition of society, and why intelligent women will submit to it is one of the mysteries in human nature. The condition of six women in every ten who marry, is no better than slavery. More than one-half of the men in large towns and cities are steeped in whiskey and tobacco; they are reckless and licentious, making a hell of home, and for the trusting woman he has sworn to protect and love. But supposing she is fortunate

in her choice of a husband, is she prepared to meet the emergencies of married life? Can she fill the responsible position of wife, mother, and the head of the family? Has she health and bodily powers of endurance to abide the wear and tear of child-birth, and the nursing of children, without becoming thin, pale and feeble? Marriage to most women is only fashionable suicide. Is it not time for us to have a reform?

The Familiar Association of Boys and Girls Conducive to Refinement and Morality.

THE practice of separating boys and girls in schools and elsewhere is productive of great moral, social, physical and mental injury to both sexes. A forced separation of boys and girls fills the boys' imaginations with lust, and the girls' with curiosity, and when they do come together later on in life, as they must, strong, indeed, must be their moral nature, if they resist the promptings of a diseased appetite that has been created and fed by the unnatural and uncalled for restraint that has been imposed upon them by ignorant parents and teachers. It appears to me that a young lady who has been in the constant society of boys and young men from her childhood up, is a better judge of their faults, failings, capacity, good or bad qualities,

than if kept secluded from his society, and she is much better able to form a correct opinion in making a choice of a husband, and the same would be true in regard to the male. The presence of girls has a strong, restraining influence over boys, making them more careful of their language, and of their personal appearance. Boys have a high feeling of honor and self-respect, and they will respect the refined opinion of girls who look with disgust and contempt upon meanness, profanity, or vulgarity.

I have often observed that the most debased boy would not be guilty of a low word or indecent act in the presence of a high-minded and refined girl. I therefore maintain that the presence of girls with boys in school-rooms or elsewhere has a refining and elevating influence upon boys, and that it will do more to develop them morally, socially, physically and intellectually than all else beside can do, and the girls will be purer and nobler than if trained in seclusion.

The quickest and surest way of producing diseased imaginations, in both boys and girls, is to exclude them from each other's society. I believe in using every restraining and refining influence with boys, and to teach them to reverence virtuous womanhood, and in educating girls to respect manliness and manhood, and I know of no other way to do it than to bring boys and girls together, and let one educate the other; and I urge upon parents the importance of taking the iron bands from their heads—that are dwarfing their moral vision—and

when their eyes are open they will understand how possible it is to do their children wrong in restraining them from any pleasure or society that is not absolutely demoralizing in its tendencies. It is better for the parent to inform the child of the good and bad in the world than to keep it veiled until the child learns of it elsewhere. My advice to parents is to educate your children in the same school-room, and after they have received proper instructions, let them play and roam together at will. Educate them in singing and in music, and, above all, teach them how to dance; let them play innocent games of amusement. It is as necessary to educate the feet and hands of a young person as it is to instruct the intellect. I was deprived of dancing in my boyhood days, and it has taken twenty-five years of the best portion of my life to partially overcome the awkwardness of my feet and hands when in refined society. A few dancing and piano lessons and a proper association with refined young ladies, when a youth, would have done more than these twenty-five years of humiliation and labor in educating my feet and hands to know their proper position when in company. Parents are heaping curses upon both their own and children's heads when they restrain them from dancing and amusements.

Is a Flesh Diet Productive of Brute Force?

SOME pretenders to science assert that a flesh diet is productive of force and energy, and that a purely vegetable one would render mankind frail, passive, effeminate and cowardly. Are these statements sustained by the evidence? Are flesh-eating nations distinguished for great force of character? The Laplanders, Patagonians, Esquimaux, American Indian and the people of the South Sea Islands subsist almost exclusively on meat, most of whom eat it raw. What have these barbarous flesh-eaters ever accomplished, except in the line of cruelty? If a flesh diet imparts so much brain and physical force, the cannibal ought to be more than a match for the white man, who lives partly or wholly on a vegetable diet. No flesh-eating nation has ever accomplished anything in the way of progress. Meat is not conducive to a high order of intelligence. Is there a more healthy and vigorous people in the world than in Ireland, where they live almost exclusively on vegetables? The Chinese, Japanese, and people of India eat scarcely any meat, and yet they are among the most industrious nations of the earth. The strongest and fleetest animals eat no meat. Except in crime, bloodshed, immorality and licentiousness, the rice-fed Japanese, and the vegetable-fed Irish and Scotch race will endure more than the English and

Americans, who live on a mixture of meat and vegetables. Meat imparts ferocity, cruelty and a brutalizing licentiousness, and as vegetables do not, my opinion is that flesh should be discarded, and mankind reared on the fruit, grains and vegetables with which our land is teeming.

If we must continue the barbarous habit of eating meat, let us have it thoroughly cooked. Man's instincts and habits are depraved, indeed, when he gorges himself with rare meats, whiskey, beer and tobacco. Just think of it!

One Great Duty Parents Owe to Their Children.

PARENTS should take their children into their confidence, and when they begin to approach the age of maturity the father should instruct the sons and the mother the daughters in regard to the dangers that will beset their pathway until they shall have become strong men and women.

Self abuse is practiced by nine-tenths of the boys and girls of the present age, and it entails upon them diseases of both mind and body, unfitting them for society or the responsibilities of married life. The imagination of the victim to this infamous habit becomes perverted, and lust is the engrossing occupation of the mind, dwarfing it into the lowest proportions, until the moral nature be-

comes blunted and brutal, leading the wretched victim on to the commital of crime or immoralities and, in many instances, to insanity or suicide. It also accounts largely for the increasing number of infidelities and divorces of the present day, which, if not checked, bids fair to engulf mankind in an ocean of moral rottenness.

Man's nature is so lustful and depraved that virtue cannot long withstand its contaminating influences. Licentiousness is the creator of licentiousness, and hence, virtue is becoming an article of merchandise, to be sold to the highest bidder. No man's wife or daughter is safe from temptation. Wolves, clothed in broadcloth, are abroad in the land, and their name is legion; they are no respecters of persons; they seek to gratify their lust in the mansions of the rich and in the humble dwellings of the poor, until seduction has become the occupation of a large number of so-called "men."

A patient of mine, now eighty-four years of age, told me that seduction of women had been his principle occupation since the age of twenty years. Women who advertised for situations were invited to his office under false pretences; he would follow women to their homes, and make their acquaintance under one pretext or another, until he had thousands of names enrolled upon his list. Seduction being his occupation, he kept a series of books in which he enrolled the names of his victims, whether married or single, their nativity, and their residences, so far as he could secure them. This de-

stroyer of virtue and breaker-up of homes was possessed of an ample fortune, and he confessed to me that it was the exhibition of his wealth that, in most cases, made his conquests easy; and he further stated that his desire for new conquests bordered on insanity, and when he had secured the object he sought, the most intense hatred and disgust possessed him toward her, and that under no circumstances could he visit her again. He has recently made professions of religion. I wonder if he will meet his victims in heaven? A very popular physician, who has a practice of $20,000 a year, told me he had over thirteen hundred victims on his list.

A prominent clergymen, who came to me when he was in great mental and physical distress, said he could count sixty victims in his church, and that this number would not reach more than half those he had debauched. More than two hundred clergymen have confessed to me their infidelities, several of whom could have discounted old Solomon, or any ancient or modern Turk.

A very large percentage of the seductions of married women are by doctors and clergymen. The confessions of numerous married and single ladies indicates that many physicians and clergymen are wolves in disguise.

Hundreds of laymen have made known to me their infamies with women, and if the statements of these confessors be true, how many women pass through life without contamination? The reader may ask why these immoral lepers confided their

infamous practices to me. I will answer the inquiry by saying these clergymen and others were in great physical or mental distress and they feared exposure and they came to me, as a physician, to seek advice or aid

My advice to husbands, fathers, brothers, and lovers is to guard well your own virtue, and then keep a sharp watch on the clergymen, doctors, lawyers, or other gentlemen that have access to your homes and families. These moral lepers are the greatest scourge of our age and some vigorous preventive measures must be adopted to save our loved ones from their contaminating influences, and would it not be well to commence our work of reform among the doctors and clergymen. These are the so-called "gentlemen" that have access to our homes and firesides and whose positions gain for them the confidence of our idols. These men are human like other men, and as they are generally better fed and groomed, and have less manual labor to perform, are they not more dangerous?

In the large cities one-third of the married women have their paramours. In my professional capacity I have learned of thousands of married women whose husbands receive as salaries from $500 to $3,000 a year, and whose living expenses exceeded their salaries from one-fourth to one-half. The husbands, in most instances, remain in blissful ignorance of the true situation of affairs in their own household. When the wife has a dress that costs $75 or $100, she pretends it was presented to her by some lady friend or relative, or that she pur-

chased it for a third of the sum actually paid. I know of two women within a half dozen blocks from where I write, who represent to their husbands that they pay a moderate sum for their board and rooms when the facts are that they pay twice the sum represented. The washing bills are also largely discounted, and I may with propriety say that these wash-women are generally the medium for the transmission of clandestine messages between illicit lovers, and I would respectfully urge upon husbands and lovers the importance of carefully scrutinizing the acts of their servants and laundry-women.

Men are generally so engrossed with the cares of business and with other men's wives, that they have very little time or opportunity to know what is transpiring in their own homes, until infidelity to husband or wife is becoming the rule and not the exception. I have had as large a medical constituency as any physician in the world, and I have had abundant opportunities for the investigation of the subject upon which I write. It is through the willing confessions of married and single ladies and of others, that I am able to present the facts herein set forth. I might present many other facts and circumstances, but I will refrain. The physician stands in the position of confidential adviser to his patients, and should his sympathies go out to an injured wife or husband, his lips are sealed.

Nearly all the evils I have enumerated grow out of the ignorance of the people in regard to the science of life, and the remedy against these great moral sins are first, in parents instructing their

children against the evil consequences of all immoral practices, and secondly, in their educating themselves so as to be able in turn to instruct their sons and daughters how to choose a wife or husband. No marriages should be consummated until the great problem of physical and mental adaptability is fully understood by the contracting parties. When this glorious consummation shall have been reached, love and reason, not lust, will guide the candidate for matrimony in their choice of partners for life. Then instruct the clergyman to remain at his own fireside, and so live in accordance with nature's laws that you will require no medicine or doctors, and virtue will again remain with us and will bring with it peace, love, and plenty.

One or two reasons why Female Physicians should take the place of Males in the Treatment of the Diseases of Women.

WE HAVE *too few* female physicians and *thousands too many* of the male persuasion.

The diseases of women *should be treated by women. No male physician should be permitted to visit*

the bedside of women, except in cases where surgery is involved. Women are more conscientious than men, and they are better nurses. Why, then, will they not make better and safer physicians for our wives, our daughters, and our sweethearts? Beside, what gentleman is there who desires *his loved one* to be *examined* and *handled* by these male practitioners.

If the male physician *has the license to visit the bed chamber of our loved ones when they are ill, and to examine and handle them at his will, may not this professional license aid him in establishing such a relationship as will enable him to visit them there when in health?*

The *first confidant* a *married woman makes, outside* of her husband, is *generally the family doctor*, and as *this confidence is* the *doctor's stronghold* upon the *patronage* of that family it would be *unbusiness-like*, to say the least, if he did not make the most of it.

When the practice of medicine was first instituted it was adopted by the priests, and they used it, not as a means of reducing the physical suffering of their patients, *but to obtain from them their secrets*, it being important for them to know the internal history of their subjects, that they might the more readily keep them in ignorance and subjection. Physicians *have acted upon this principle* from

the earliest history of medicine down. They have gone into the abiding places of their credulous victims in the *guise of "Angels of Mercy"* to relieve the suffering body, but, recreant to the high trust reposed in them, by a husband, a lover, or a father, they have ruthlessly despoiled virtue, and thus brought desolation and death into those hitherto happy homes. Sunshine and love have departed from many households after the family physician had ingratiated himself into the good opinion of their mistresses.

The writer has had unusual facilities for learning the "true inwardness" of these family practitioners. His practice has extended over the entire country and he has had, as patients, thousands of these poor deluded women, when they had become physical wrecks and were no longer desirable to their once trusted doctor. After they have been cast off by these "honorable members of an honorable profession" they have come to the writer with the story of their sad histories and experiences and it is almost the universal testimony of these broken-hearted women, that their "doctor was the cause of their ruin and distress." According to the testimony of a very large number of women, a majority of doctors make it their business to examine the persons of their female patients. A pain in the head or back is traced to a uterine cause that these

"honorable gentlemen," these "angels of mercy," may behold the female form in all its purity and loveliness. The writer has knowledge of *many physicians* whose *best paying and most influential patrons* were the *wives of rich or well-to-do men; these wives* who had been *betrayed* by their "*dear doctor*" would *feign sickness* of some kind, and *send their deluded husbands* to invite the doctor to call and *prescribe*, and while the *unsuspecting* husband is *mourning* over the *supposed sufferings* of the wife, who has *his love and confidence, that wife is in the embrace* of this "*angel of mercy*" and the *husband is charged a good round* fee for his blissful ignorance. This infamy and outrage is perpetrated upon *thousands* of husbands *every year*, and yet, in their blind ignorance, they maintain these *slick-tongued* "*angels of mercy*" in brown stone fronts, and feast them on champagne and tenderloin steaks in order that they may keep up their *vitality and courage* for the *noble work* they have in hand.

The writer does not wish to be understood that all physicians are immoral men. There are some honorable exceptions to the rule, physicians are human like other men and they have the strongest temptations constantly before them, and he is a moral physician indeed, who can withstand all the opportunities he has to sin. But whether these physicians be moral or immoral men, we do not

want them at the bedsides of our *wives*, our own hands are the only ones that should ever touch the sacred form of a loved one. What sacredness is there in the female form if it is to be exposed to every medical charlatan who wishes to gratify his lustful nature? Where is the sacredness of love, if we do not fully possess the object loved? Every moral and social reason demands us to substitute female physicians for males in the treatment of our darlings for the diseases to which they are subject.

But a short time since the writer was in the company of a very estimable and intelligent gentleman *whose doctor the writer knew to be on terms of criminal intimacy with his wife.* The writer suggested to this gentleman that, in his opinion, male physicians should not treat women for her diseases. This gentleman, who is intelligent upon all other questions, replied with some warmth that the writer's ideas were too narrow to be discussed, that *he knew* his family physician to be *the soul of honor and morality*—that it would be *impossible* for him to *do wrong*, and that he would as soon trust his wife or daughter in his hands as that of a lady. The writer did not care to enlighten him as to the true situation of affairs in his own household, feeling that "where ignorance is bliss it were folly to be wise," but his mental impressions were that this gentleman was one of the *million* fools whose

doctor *knew more* of the wife than *he did* himself. Scores of times has the writer heard this same sentiment expressed by gentlemen whose wives he knew to be on immoral terms with their physicians. The writer has medical offices in nearly every prominent city in the country, and he has had in his employ, during the past twenty years, at least 250 regular physicians. A lounge and a speculum were the first articles of furniture these "eminent" gentlemen suggested the propriety of procuring for their offices and when they were informed that *these articles were forbidden in the writer's establishments*, and that the *laying of foul* hands *upon a lady patient was a crime punishable with instant dismissal from his service*, they looked at him as though they suspected softening of the brain.

Let every husband and lover earnestly reflect upon the suggestions herein made, and when his loved one is ill, ask himself the question, which is the most dangerous, the disease or the doctor? If this subject is properly appreciated by those for whom it is intended, the doctors may be made useful members of society by becoming tillers of the soil and woman will have her proper sphere in the treatment of woman for her diseases.

Medical Science Illustrated.

A FEW years ago the writer visited twenty-five physicians of the so-called "regular school." He was in perfect health, had extraordinary lung capacity, and weighed nearly two hundred pounds. Upon meeting them, he feigned a cough and great distress, told them of his night-sweats and where his pains were located. After a very critical examination of his case conducted with all the dignity and show of learning they could master, he was informed that one or both of his lungs were filled with tuberculous matter. Two of them gave it as their opinion he would not live six weeks, and advised him to arrange his business and prepare for another sphere. These two distinguished gentlemen of the profession gave him prescriptions, which, had he taken according to their directions, would have furnished business for the undertaker in about the time they gave him to settle up his worldly affairs and to make his peace with God. The other twenty-three respectable followers of Hippocrates gave him considerable encouragement, assuring him that if their prescriptions were followed, he would find relief or get well. Several recommended cod-liver oil. The writer had a high respect for the Allopathic system of practice before testing the science of some of its most distinguished representatives in the manner described. He did not take the cod-liver oil, but keeps their prescriptions as a living evidence to the

incompetency of a profession that has existed for upwards of twenty centuries, claiming to be scientific, the most illustrious followers of which are unable to discriminate between a healthy and a diseased condition of the pulmonary structure.

Physicians a Curse to a Patient Suffering from a Disease in the Lungs.

HIS EXAMINATIONS A FARCE—HIS ADVICE THEIR SHROUD—HIS PRESCRIPTIONS THE NAILS TO THE COFFINS.

EVERY day persons call upon me for examination and treatment, whose physicians have pronounced them incurables from a disease in the lungs when there was no disease in that structure. They were suffering from disorganization of the liver, and, as a consequence, had many of the pulmonary symptoms; their doctors would go through with the farce of making an examination of their chest, and would locate the exact spot where they supposed the disease to exist. These venders of blue pills and horse-liver oil know as little of a disease in the lungs as they do of the man in the moon, and when a patient has a cough, pains across the chest, shortness of breath, and expectoration, they at once declare the disease consumption, and commence a system of treatment that would destroy the strongest constitution.

Their usual remedy is cod-liver oil, and under that name patients take immense quantities of all kinds of filth—horse-liver oil, dog-liver oil, and, in fact, almost all kinds of oil, except cod-liver oil. There are not codfish enough in the ocean to supply the demand for their oil in New York City alone. Physicians know they cannot cure a seated pulmonary disease, and hence the most intelligent among them give it but little attention; therefore they are (in most cases) wholly incompetent to give an intelligent opinion in regard to its complications, or to discriminate between it and a disease in the liver, which oftentimes produces the same symptoms as does a disease in the lungs. Now, if they do not understand your disease, what must be the result of their treatment of it? If they cannot cure a disease that is understood, why should you trust them to experiment upon one they know nothing of? A physician is not going to plead ignorance when you ask him for an opinion, and that, too, when your life is at stake. He will tell you he understands your case exactly, and treats you under false pretences, which are discovered only when it is too late, and your friends are mourning at your bedside or over your grave. Thousands upon thousands have told me the sad story of the deceptions practised upon them by the physician in whom they have trusted their life and health. I have heard the story from the young and once beautiful maiden down to the poor old man, whose hair had whitened from the frosts of many winters.

It was the same infamous story that had been

told to thousands before, and was it not done for a fee? If you reproach these miserable sinners after you have discovered their fraud, their reply is, "I did not wish to alarm you; I understood your danger all the time, but thought it best to conceal it until the last moment," thereby adding insult to the most wicked, deliberate murder. Can you call it by any other name than murder, when a physician knows he cannot cure a patient, and yet pours drug poison down his throat every day, encouraging him with the delusive promise that he will soon be well, when he sees him growing more feeble and his life-blood fast ebbing away?

I have made no statements (however extraordinary they may appear) that I cannot substantiate by the most respectable and competent testimony in the country. I have the names and residences of thousands of respectable and intelligent people, who have been brought down to death's door themselves, or who are weeping for the loss of some loved one whom they believe to have been taken hence, not by disease, but through the instrumentality of their physician. I have the names and residences of thousands who are physical and mental wrecks from drug poisons, and they and their friends do not hesitate to declare the cause of their misfortunes, or to name the Allopathic charlatans who have brought this untold misery upon them. If I were to relate a full history of the individual suffering I have seen entailed through drug poisions and the criminal incompetency of physicians, the reader's blood would freeze in his veins, and he would de-

clare with me that physicians were "a curse to a patient suffering from a disease in the lungs," that "his examinations were a farce, his advice their shroud," and "that his prescriptions were the nails to their coffins."

Drugs versus Homœopathy.

THE drug trade several years ago was one of the safest and most lucrative in the mercantile list. Now how changed! Every day drug shops are growing less in number, and many of those left could not exist, were it not for the toilet and patent-medicine trade. As the people advance in knowledge, the less drugs they use. Homœopathy is extending, and is fast destroying the Allopathic practice everywhere. New converts to Homœopathy are being made by thousands every day, and the Allopathic physicians are taking on the infection, and are abandoning their large doses to adopt the smaller ones. A grand reformation is taking place. The people are becoming enlightened, and are using their own eyes and their own judgment to see and understand that which has heretofore been seen and understood for them by ignorant or designing men.

Was Horace Greeley dragged like a dog to a Mad House when he was not Mad, but Dying?

GOV. SEWARD'S DISEASE NOT NECESSARILY FATAL, BUT OVER-DOCTORED.—LOUIS NAPOLEON KILLED OUTRIGHT.

WHILE death had fastened its seal upon poor Mr. Greeley, it is said that he was dragged to a private mad house, by order of the attending physicians and thus denied the privilege of dying at home and among friends. Not satisfied with their work, the doctors were indignant because they were not allowed to mutilate the corpse, that they might get possession of his brain.

Dr. Bayard, a Homœopathic physician, who had been Mr. Greeley's physician and friend for twelve years, and who was discarded when Mr. Greeley was too low to choose for himself, tells us that "Mr. Greeley was not crazy, but exhausted, that sending him to a mad house was enough to make him crazy." During his last sickness Mr. Greeley was attended by several of the bright lights of Allopathy, and they exhibited their skill upon the helpless dying man, by heating to a white heat an iron and with it burning the flesh of their victim, the entire length of the spine, What they expected to accomplish by this infernal process does not appear.

The doctors worked zealously, and Horace Greeley, one of the noblest of God's noblemen, has gone to his grave. May his soul rest in heaven, where Allopathy and hot irons are unknown.

Ex-Secretary Seward's disease was not necessarily fatal, and in our opinion had doctors been discarded, his usual health would have returned in a few days. The science of Allopathy was too much for his shattered constitution, and he therefore bowed his respects to the doctor, and departed for the great unknown.

Louis Napoleon was mutilated by his doctors and died before the operation was finished. Had he possessed the good sense to let doctors alone, he probably would have lived several years.

The above are but repetitions of thousands of cases of butchery that occur every day. Oh! Allopathy, what outrages have there not been perpetrated in thy name? and Oh! Heaven, how long shall these things be?

Please, Doctor, do not Kill our Darling Baby.

THE doctors would make us believe that the greater proportionate amount of mortality among the children of cities than among the children in the country is due to the vitiated state of city atmosphere, This, however, is not so.

The fact is that mothers who reside in cities are within easy call of the physician, and, when their babes are ill, they send at once for him. He, not knowing, and seemingly not caring, whether the children have pains in the feet or wind in the stomach, commences to dose, and one-fourth of the poor innocents entrusted to his care are torn from their mothers' breasts, and consigned to untimely graves. On the other hand, the rustic mother is in most cases her own family physician. She administers a few doses of harmless herbs, and carries her children safely through all their infantile complaints.

If all mothers would learn to attend their children during illness, many more would be saved to grow up, and many less homes would be made desolate. Homœopathy is safe, and mothers who do not understand the wants of their children should patronize it.

Mrs. Smith.

SAYS Mrs. Smith, "This is all false about the doctors killing people; I don't believe one word of it. Our doctor is such a noble-hearted man, so affable to me, and so kind to the children; and when any of his patients die, he weeps like a baby." Is not this a very important part of his trade, Mrs. Smith? Should he not be affable to the ladies, kind to the children, and should not

his funeral manner be superb when he is carrying his work home?

Reflect a moment, Mrs. Smith. Were he not so agreeable to you, so full of gossip, so interesting to your children, and so full of sorrow over his dead victims, Mr. Smith's pocket-book would be more plethoric. Politeness to you and flattery to your children (though he may think you all idiots) is part of his stock in trade, and in many cases his compliments are as sincere as is his belief in the efficacy of blue pills and horse-liver oil in the cure of consumption. Please reflect a little, Mrs. Smith, and you will save your poor husband many a hard-earned dollar that is now worse than thrown away.

Mr. Jones.

IF YOU find yourself dying under Allopathic treatment, do not blame the poor doctor; he is killing you according to the latest rules as laid down in the books, and don't know any better. He does not possess the brains or manhood to think or act independently, and hence follows the formulas of dead and rotten ancestors, who never should have been born. If you are ill, a little reflection on your part would teach you the danger of swallowing poison into your stomach, to be absorbed into the blood, when your blood is already loaded with poison, and your illness is only an effort of nature to expel it. Reflect a little, Mr. Jones, and you will let doctors alone.

Doctors and Demons; are they in conspiracy to Populate the Graveyards?

THE millions upon millions killed by allopathic drugs would indicate to a mind unclouded by a false and wicked practice, that many of the allopathic physicians were in collusion with devils to fill the graveyards, expecting thereby to extensively populate the infernal regions, that they may there continue their diabolical practices when they shall have finished here on earth. M. D. means money down, and according to the testimony of some of the brightest lights of allopathy, a diploma from one of their colleges is a license to kill with impunity. Error cannot always rule, neither can falsehood be forever triumphant.

Dislike it as these allopathists may, the time has come when they must be examined, and nothing must be left to escape our strictest scrutiny, however old, sacred, or firmly rooted it may be; though its foundations lie deep in the rubbish of ages, we must dig and discover whether it rests on sand or stone; though its head reach the clouds, we must possess the daring spirit to mount as the eagle and examine its top stone.

Tremble, then, thou old grey-headed lie; thou murderer of millions; the day has come that shall drag thee to light and expose thy monstrous deformities to thy blinded victims. The flood is rising that shall sweep away thy temple and leave nothing but the name of thy infamies behind. Ye crafty

sinners, the people have been blinded by your delusions when they had most need to see; the people have been your dupes and slaves from a childish fear, which like a phantom revels in the darksome night, but disappears in the light of reason. The few deluded creatures who remain under your deathly influences should make their peace with Heaven and buy a lot in the nearest cemetery.

Something About Yourself.

SUPPOSING your age to be fifteen years, or thereabouts, you can be figured up to a dot. You have 160 bones and 500 muscles, your blood weighs twenty-five pounds; your heart is nearly five inches in length, and three inches in diameter; it beats seventy times per minute, 4,200 times per hour, 100,800 times per day, and 30,722,000 times per year. At each beat a little over two ounces of blood is thrown out of it; and each day it receives and discharges about seven tons of that wonderful fluid. Your lungs will contain a gallon of air; and you inhale about 24,000 gallons per day. The aggregate surface of the air cells of your lungs, supposing them to spread out, exceeds 20,000 square inches. The weight of your brain is three pounds; when you are a man it will weigh about eight ounces more, Your nerves number about 10,000 or more. Your skin is composed of three

layers, and varies from one-eighth to one-fourth of an inch in thickness. The area of your skin is about 1,700 square inches, and you are subjected to an atmospheric pressure of fifteen pounds to the square inch. Each square inch of your skin contains 3,500 sweating tubes, or perspiratory pores, each of which may be likened to a little draining-tile one-fourth of an inch long, making an aggregate length in the entire surface of your body of 201,166 feet, of a tile-ditch for draining the body, almost forty miles long.

Some Things Worth Remembering.

REMEMBER that I have a perfectly safe and painless process for the cure of *Piles* or *Hemorrhoids*, without knife, caustic, or ligature, and without interruption to business or pleasure. I ask no fee for treating a patient suffering from this troublesome disease until a cure is perfectly established.

REMEMBER that I also have a certain cure for *Fistula* and for *Fever and Ague*, and ask no fee in the treatment of these cases until the cure is made.

REMEMBER that my process for the removal of a *Tape Worm* is perfect, and that we never fail in getting the body and head in from one to three hours. No fee asked until we place him on exhibition. I can also send this tape worm medicine by express with directions for self treatment.

REMEMBER that no cure no pay refers only to the

above named diseases. The remedies for the aforesaid complaints are applied in our office, under our direct supervision, and hence we are able to warrant a cure.

REMEMBER that my remedies are a positive cure for *Catarrh*, *Bronchitis*, *Asthma*, and the *incipient stages* of *Consumption*.

REMEMBER that my remedies are a radical cure for *Fever and Ague*, *Malaria*, *Constipation*, *Dyspepsia*, *Torpid*, *Enlarged* or *Inflamed Liver*, *Forgetfulness*, *Nervousness*, *Weakness*, *Lassitude*.

REMEMBER my remedies produce marvelous results in any form of disease of the *Kidneys*, *Bladder*, and *Urinary Organs*, in male or female, curing *Diabetes*, *Gravel*, *Inflammation*, *Bright's Disease*, *Impotency*, *Nervousness*, and *Loss* of *Vital Force*.

REMEMBER that I have a certain cure for *Rheumatism and Neuralgia*.

REMEMBER that I can be consulted by letter and that my remedies can be sent by express.

REMEMBER that it is not wise, or safe to trifle, for an instant, with a seated organic disease, but that I should be consulted, either personally or by letter, the moment any symptoms of disease begin to manifest themselves.

REMEMBER that I make no charge for consultations, examinations, or advice.

REMEMBER *that when addressing me to write your name, residence, aud Post Office so plain that you can read it yourself.*

REMEMBER *that I cure young, middle aged, or old men, of any disease to which they are subject.*

REMEMBER that I have had upward of twenty years' extensive practice and experience in diseases of the nose, throat, lungs, liver, kidneys, and urinary organs.

REMEMBER *that I have reduced the cure of certain painful, and heretofore considered incurable diseases, to a mathamatical certainty and that I make no charge for the treatment of these diseases until a cure is effected.*

REMEMBER that I want agents, both ladies and gentlemen to sell this book, and that good agents make $6 to $12 per day.

Matrimony.

A COMPLAINING, nervous, frail companion, never satisfied or happy, unable to assume her share of the responsibilities of life is one of the severest afflictions that can be imposed upon a man. Many worthy men have such companions and are struggling along to sustain reputation and family, but are doomed to disappointment and trial for the remainder of their lives.

Such a married life is the greatest curse that can befall a man and it is equally as great a misfortune

to the wife and her offspring to have a husband who is an invalid, a scold, a brute, or a libertine.

The health, habits, and temperament of those who contemplate matrimony is of the first importance, and no consideration of money, station, or anything else should weigh a straw against health and morality. The first consideration then, in the selection of a wife or husband, is that they shall be physically sound. If a wife or husband are ignorant, they can be instructed, if poor or of humble origin they can be elevated, but if they are physically unsound they consent to a union that will make both unhappy through life and which will entail upon their offspring, if they have any, disease and early death. How can it be expected that children should have a strong hold upon life when mothers or fathers have so feeble a grasp upon it. Weak mothers must bring forth feeble children and an early death can only be expected for them. If marriages were contracted upon the principle that intelligent horse and cattle breeders raise their stock, and men and women led virtuous and regular lives after marriage, we would be able to raise a nation of physical and mental giants. A race that would live in health, wealth, and happiness until they reached an age of one hundred years.

The Filth of Tobacco.

I HAVE called the reader's attention to the evils of tobacco in one or two preceding articles. The injury it works upon its victims and the sufferings endured by those who do not use it by being brought in contact with its filthy representatives, is my apology for mentioning the question again. No animal will touch it, even the filthy hog will grunt and turn in disgust and contempt from it. Its poisonous and loathsome effluvia drives fleas, bugs, moths and mosquitoes from our dwellings, and no living, creeping thing will begin to touch it except man and the filthy tobacco worm which feeds upon it; even the sweet scented polecat will lay his tail over his back and run from it as he would from a fire, and, excuse me for saying that he shows his high appreciation for the weed by giving it a parting salute as he retires.

A very elegant and reliable gentleman has just told me that he rode twelve hundred miles under a broiling sun in Mexico on the top of a stage coach, because those who were inside, insisted upon polluting the atmosphere with the fumes of tobacco. I would respectfully inquire, by what right, saying nothing of common decency and politeness does the victim to the tobacco habit impose his filthy practices upon those who do not smoke, drink, or chew? He comes into public and private places and poisons the atmosphere, when common sense and the rules of propriety should teach him that

the sufferer cannot escape the punishment he is inflicting upon him. The user of this weed cannot enter a house where it is not used without vitiating the atmosphere with the stench from his person and apparel, so as to make it positively offensive to the inmates, as long as he continues his visits, and when we add to this, the promiscuous and random shots of tobacco juice upon the floor, carpet, stove, or whatever else happens to be in the way, the use of tobacco really becomes intolerable; there is no doubt, but thousands have sickened and died, or been injured for life, and their days shortened from the stench of tobacco under circumstances which they could not avoid. I have seen the floors of smoking cars, bar rooms, and places of public resort so covered with pools of tobacco juice, that they looked like small rivers, and yet these creatures who are so filthy, claim to be gentlemen, and they have the effrontery to ask refined and delicate women to share their filthy abodes with them. If homes for women were not scarce, or if women were on a proper level with men in regard to the ways of making money, she would soon say to these filthy tobacco smokers and chewers, discard your filthy habits or you cannot become the fathers of our children.

Suicide and Insanity.

A HAPPY marriage is conducive to a long life. Of those who commit suicide, over three-fourths are unmarried; and of the insane there are, so far as is known, from three to four single persons to one married. It is every man's duty to marry, if he is in physical health and pecuniary circumstances to do so, and in making his choice he should be sure to select a perfectly healthy woman who is in every way his equal. Let love be the governing motive in marriage and when married do not suspend your courtship. Let all your intercourse and relationships be as polite, affectionate and tender as when you were wooing the object of your choice, and above all be faithful in word, thought, and deed to your companion; then married life will be a heaven on earth.

Economy in Nature.

THE growing increase in the population of the world goes to show that it will soon be densely crowded with human beings.

Since land, when devoted to grain and roots, will sustain fifteen times as many stomachs, when the products are consumed by man, as when it is converted into flesh and then eaten, it could not have been the intention of nature that man should

suffer this loss of fifteen hundred per cent. Why, then, will the people continue the loathsome, cruel, and barbarous habit of killing animals, and then eating their dead bodies.

The Human Temperament.

THE temperaments are four in number, viz.: Nervous, Bilious, Sanguine, and Lymphatic. The existence of the temperaments depend upon the development of certain parts or systems in the body, and each is accompanied by different degrees of activity of the brain and corresponding difference in the capacity or mental manifestations of the individual. When the brain and nerves are predominant, it is called the *nervous* temperament; if the lungs and blood-vessels constitutionally predominate, the *sanguine*; if the muscular and fibrous systems are in the ascendancy, the *bilious*, and when the glands and assimilating organs are in the ascendancy, it is termed the *lymphatic* or *phlegmatic*.

1. The nervous is indicated by thin skin, fine hair, small muscles, brilliant eyes, pale countenance, quickness, sensitiveness, and is the mental or intellectual temperament.

2. The sanguine is understood by a stout, full frame, florid complexion, full face, firm flesh, and moderate plumpness and generally sandy com-

plexion. People of this temperament are generally tough and are more given to hard work than to books.

3. The bilious is known by a thin face, dark skin, firm flesh, with rough and strongly marked features. The possessor of this temperament has large will power, electricity, and great powers of endurance, and when combined with the nervous, generally makes an able man, capable of great undertakings.

4. The lymphatic temperament is known by roundness of the form, softness of the muscles, sleepy, dull, and inexpressive face. In this temperament the brain and body appear to be dull, slow and languid, and the body is given to fat.

Consumption is Contagious.

IT is a well established fact that consumption is contagious by contact: inhaling the diseased vapor from the bed or room, or the exhalations of the consumptive himself, if long continued, is liable to produce the disease. Consumption has recently been imparted from man to brute by inoculation. When men and women are known or supposed to have a taint of consumption, *they should not under any circumstances sleep in the same bed or room together.* Many cases are on record where young and healthy persons have contracted the disease from sleeping with those who were suffering from it. I am familiar with

several cases of young women who were in perfect health, marrying men who had consumption, and from sleeping with them, contracted the disease and died before their husbands, these husbands thrived, while their poor and unfortunate wives paled and died. The house and rooms in which a scrofulous or consumptive person dwells, should be thoroughly disinfected every few days, and the carpets and bedding should be shaken and exposed to the rays of the sun.

A few reasons why the so-called "regular physicians" should not "put on airs."

THE so-called "regular physicians" have entailed *more suffering* upon the human race than *war, pestilence, and famine.* If my readers will carefully examine what some of the most distinguished Allopathists have affirmed relative to the evil results of their remedies and practice, together with such well-authenticated facts as I will hereinafter set forth, they will not for one moment, *question the truth or justice* of the grave charges I make against them when I say that *Allopathic doctors have been a greater curse to mankind than all the man-slaying conquerors of earth, together with fire, flood, pestilence and plague.*

Professor Magendie, a celebrated Allopathist of

Paris, addressed his class in the Allopathic Medical College there as follows:

Gentlemen: Medicine is a great humbug. I know it is called a science—science indeed. It is nothing like science, doctors are mere empirics when they are not charlatans. We are as ignorant as men can be. Who knows anything in the world about medicine?

You have done me the honor to come here to attend my lectures, and I must tell you frankly now, that I know nothing in the world about medicine; I repeat it, there is no such thing as medical science. Who can tell me how to cure a headache? or the gout? or disease of the heart? Nobody. You tell me doctors cure people. I grant you people get well. But how? Nature does a great deal; doctors do devilish little when they don't do harm. Let me tell you what I did when I was head physician at Hotel Dieu. Some three or four thousand patients passed through my hands every year. I divided the patients into two classes; with one I followed the dispensatory and gave them the usual medicines without knowing the reason why or wherefore; to the other I gave bread pills and colored water, without, of course, letting them know anything about it, and occasionally I would create a third division to whom I gave nothing whatever. These last would fret a good deal, they would feel they were neglected, but they almost invariably recovered. There was a little mortality among those who received but bread pills and colored water, and the mortality was great among

those who were carefully drugged according to the dispensatory.

What curative power was once claimed for the lancet! yet Dr. Tully asserts, that in the days of its fame. "it annually slew more than the sword."

Mercury is more deadly still. Dr. Headland, one of its admirers, says—"It decomposes the blood and wastes the body," kills not cures.

Dr. Gallop declares "opium to have done seven times more injury than good, the world over."

Dr. Holmes says, "the use of cankering minerals," "the noxious growth of the vegetable kingdom," "the impurities of animal entrails," "the poison bags of reptiles," for pouring down the throats of mortals, suffering for some fault of organization, nourishment, or vital stimulation, is a grand "colossal system of self-deception, and the disgrace of medicine."

Dr. Sydenham said, "in consumption the best doctor is a horse, the best apothecary an ass."

Dr. James Gregory a professor in the medical department of the university of Edinburg, says, "ninety-nine in every hundred of the so-called medical facts, are medical lies; and all medical theories are stark staring nonsense."

Prof. Dunglingson, says, "if the philosophic inquirer after truth will cast his eyes over the multitude of *facts*, as they are called, which have descended from one generation to another without any examination, he will be astonished to find how few of them rest upon any foundation." "You must know, said, *Dr. Tanner the celebrated faster from*

Minneapolis, Minn., "that I am a physician. Now, if you wanted to employ an engineer, would you be satisfied with one who knew all about the construction of an engine, but who knew nothing about the nature of steam, the force that drives an engine? That is just the case with us doctors. We know a great deal about the body, but we know almost nothing about the force which drives it. We call it a nervous force. Now I hope to lead out in the right direction. I may not be right, and nothing may come of my experiment, but I hope to call attention to the subject and to furnish some facts on which men may argue intelligently. I have got disgusted with physicians, and particularly with the regular school."

"But Dr. Miller, here," said the friend laughing, "is of the regular school."

"Well," Dr. Tanner continued, "if the coat fits let him put it on; but I, too, am of the regular school, and all I say about him rebounds upon myself. I got so much disgusted that I almost swore that I would never call myself a physician again until I had learned something as to the nature of life. I am not satisfied with the system on which our medical education is based.

"I believe," Dr. Tanner added, "that many persons are buried alive. We have had a couple of instances of mistakes in regard to the presence of death lately. Only a short time ago a child was discovered to be a live while it was lying on a slab in the New York Morgue. Once I wrote a letter to a newspaper on the subject, and afterward a re-

porter in St. Louis interviewed the person who had charge of the removal of all the bodies in one of the city cemeteries. He learned from this person that there were evidences that in this one cemetery fifty persons had been buried alive. Only the annals of eternity can tell us how many persons have recovered after they have been supposed to be dead. I am opposed to forcing people to eat when they don't want to. I want to show that it is safe to go without food. Once physicians were committed to the doctrine of depletion. They starved patients and let their blood. Now they are at the opposite extreme. If a patient's stomach is not fitted to receive food, they force it down. The cry is, 'Give lots of nourishment.'"

"Some of the doctors, so-called, who drop in here," said the Minnesota man, "give more annoyance than anything else I know of. It is impossible to penetrate the dense atmosphere of self-opinion, and, in some instances, lamentable ignorance in which they are immersed. They know less about their profession than does the general public."

Dr. Willard Parker, says, "Of all sciences medicine is the most uncertain."

Prof. E. R. Peaslie said, "The administration of powerful medicines is the most fearful cause of deranged digestion."

Prof. S. A. Gross says, "Of the essence of disease very little is known."

Prof. McClintock says, "Mercury has made more cripples than all the wars combined."

Sir Astley Cooper says, "The practice of medi-

cine is founded in conjecture and improved by murder."

Dr. Bailey, of London, says, "I have no confidence whatever in our remedies."

Dr. Frank says, "Thousands are slaughtered annually in the quiet sick room."

Dr. Bostwick says, "Every dose of medicine swallowed is a blind experiment."

Dr. Evans, of Edinburgh, says, "The medical practice of the day is neither philosophical or common sense."

Dr. Rush said, "The practice of medicine was like a temple unroofed and cracked at its foundation."

A celebrated physician has said, "Nature is fighting with the disease; a blind man armed with a club, the physician, comes to settle the contest. He first tries to make peace, but failing to effect this, he lifts his club and strikes at random, if he happens to strike the disease he kills it; but if he hits nature he kills her."

Bicat, the French Physiologist, says, "Medicine is an incoherent mass of incoherent ideas, and of all the sciences best shows the caprice of the human mind."

Prof. Chapman says, "Consulting the records of the practice of physic, we cannot help being disgusted with the multitude of hypotheses obtruded upon us at different times. To harmonize the contradictions of medical science is indeed a task as impracticable as to arrange the fleeting vapors around us."

Dr. Rush says, "I am insensibly led to make an apology for the instability of the theory and practice of medicine, for those physicians generally become the most eminent and successful who soonest emancipate themselves from the schools of physic. Dissections daily convice us of our ignorance of the seats of disease, and cause us to blush at our prescriptions. What mischief have we done under the belief in false facts and false theories? *We have assisted in multiplying diseases; we have done more —we have increased their mortality.*"

I have before me the testimony of at least one thousand of the most eminent men in the allopathic school confirmatory of the foregoing, but have not space in which to set forth their opinions and sayings.

I practiced the allopathic system sufficiently long to discover its utter worthlessness, that drugs never cured anybody.

I saw the grave yards rapidly filling day by day, and my neighbors in mourning, and when I carefully examined my "illustrious" band of "fraternal brothers" I came to the solemn conclusion that we were practicing an imposition upon the people. That of knowledge we had none, in regard to the cure of diseases of the human body, that egotism, bigotry, and assumption was our stock in trade, and I left the practice fully resolved to do what I could to right the wrongs that were being perpetrated upon an unsuspecting people by these so-called "physicians" who lay claim to the title of "honorable members of an honorable profession." Now

my readers, let us lay aside all prejudice, let us be just and honest toward these gentlemen and toward ourselves while we examine their right to the title of "honorable members of an honorable profession."

According to the most careful estimates there are more than 200,000 confirmed opium eaters in the United States. This accursed habit has been entailed upon 95 per cent. of these poor creatures through medical prescriptions and advice, and while this vast army of slaves are tasting of death and hell, these "honorable members of an honorable profession" are abroad in the land doing their utmost to swell the ranks of these terrible sufferers.

A large per centage of the cases of confirmed drunkenness has been brought upon the victims through prescriptions calling for alcoholic stimulants and still these gentlemen proclaim that they are "honorable members of an honorable profession."

Paraselsus, a "distinguished" allopathist of the fifteenth century, introduced quicksilver into the family of medicines. This act originated the epithet of quack, but the so-called "regulars" not liking the title, have ever since been trying to fasten it upon those who do not believe in their practices. But,

> They may puff themselves up as high as they will,
> The odor of quack will stick to them still.

Quicksilver has killed its millions and entailed

untold sufferings upon millions more. The world is full of paralytic, rheumatic and broken down victims to this accursed mineral poison. We see the poor creatures standing on every corner asking for bread; its ghosts stalk abroad everywhere, and are living monuments to the "*Science and Skill* of these "*honorable members of an honorable profession.*"

If the grave yards of the country were to be carefully examined, the form of *many a loved one would be found missing*, and if the body could be traced, it would be learned that it had furnished a "*subject*" *for dissection* in some medical institution. Hence it appears that these "*honorable members of an honorable profession*" *are unwilling that the dead should rest in peace after they have killed them, and that their thirst for blood is not satiated until they have boiled and mangled our idols into shapeless masses.* The *testimony and certificates* of some of these "*honorable members of an honorable profession*" *has sent to a dungeon cell in some prison, for crime or insanity*, a wife, a husband, or a relative *who stood in the way of the successful consummation of some scheme or infamy.* If the prisons of the world were *carefully examined* by competent and honorable men and women, *thousands of innocent persons* would be found thus suffering.

The *purchased* testimony and certificates of these "*honorable members of an honorable profession*" has *consigned to mad houses, prisons, disgrace and death, tens of thousands of honorable men and women who were perfectly sane.* A committee, with women in the majority, should be made up from

among our best citizens, and the asylums, poor houses, prisons, and public institutions of the country should be *searched, from cellar to attic, and every person* carefully examined, *not by professed doctors, but by intelligent men and women*—the intuition of a *noble* woman would discover the right and the wrong.

Examine the testimony of doctors in the first trial of Stokes for the murder of Fisk, and then ask yourselves where is medical science. One doctor contradicted the other, until it became a farce, and the jury refused to consider their testimony. And yet these physicians were among the most distinguished allopathists of New York. Dr. Schœppe, of Pennsylvania, was convicted and sentenced to be hung for poisoning one of his patients, upon the testimony of doctors. A new trial was granted him and he was honorably acquitted. Every person who reads is familiar with the Wharton trial at Baltimore, and the ignorance displayed by the medical experts on that occasion.

The untrustworthy character of the evidence of medical experts in murder trials has been even more forcibly attested in a recent trial in Belgium, than it was in the three above-mentioned cases in this country. A man-servant, named Agnel, was arrested and placed on trial, in Brussels, for the murder of his master, M. Rigaud. The circumstantial evidence of his guilt was very strong.

Master and man had had a serious difficulty on the day of the former's death. M. Rigaud had left Agnel the sum of 4,000 francs, in a will made before

the trouble, and Agnel was known to be in urgent need of about this sum to clear off debts that were pressing him. It was shown that Agnel had, on the same day, procured some arsenic at a neighboring drug store, for the purpose, as he said, of killing rats. When, in addition to this circumstancial evidence, medical experts came in and testified that M. Rigaud had died from poisoning by arsenic, there seemed to be a positive proof of Agnel's guilt. Among those who attested the presence of sufficient poison to cause death, were M. Girault, of the Imperial Laboratory, Paris, and M. Conde, a celebrated analytical chemist from Brussels. These gentlemen demonstrated the presence of arsenic in the stomach of the dead man by a subtile process of analysis, depending upon the test of affinity. Against their evidence, M. Coterie, also an eminent chemist of Brussels, came in and testified that this process was not only inadequate to prove the presence of the poison, but that it was one which would generate arsenic by its own operation. By a preconcerted arrangement between the counsel for the prosecution and the counsel for the defence, the final evidence establishing the innocence of the accused had been withheld until the testimony of the medical men had all been taken. Then it was that a letter from the deceased was produced, of the genuineness of which two persons gave evidence, which confessed that M. Rigaud had produced his own death, not by arsenic, but by a dose of antimony.

The still-born babes are in a majority among

American women. Who are the murderers of this immense army of innocence? Hundreds of women have told me that it was these "*honorable members of an honorable profession*," who had "helped them out of their difficulty." Servants in livery and brown stone fronts are not, generally, supported by legitimate practice. If one of these "honorable members," who is in good standing with his brethren, gets into difficulty through malpractice or lust, his fellows are bound to come to his rescue, and their aid and testimony is usually all sufficient to extricate the unfortunate from the penalties that should follow his acts. A man, or woman injured by them has no show for justice.

I will not discuss the *millions of seductions, unnecessary amputations and murders* committed by these "*honorable members of an honorable profession*" neither will I dwell upon their availability or volubility as *expert* witnesses in courts, upon *either side* of a case (particularly the side that will pay the most) but I offer the foregoing *as a few out of the many* reasons why the so-called "regular physicians" should not put on airs.

Is Medicine a Science?

THE following article was published in the *New York Herald* of July 25th, A. D., 1880. A perusal of the article will richly repay those people who place their reliance upon medical men in the hour of sickness :

"POPULAR DOUBTS ON THE SUBJECT—WHAT THE DOCTORS THINK ABOUT IT AND THE TROUBLE THAT TANNER'S FAST GIVES THE SCHOOLS.

The many opinions which have been broached by both scientific and unscientific persons in connection with the Tanner fast, and particularly the differences of opinion which have prevailed among medical men on what might be justly termed a purely physiological question, have aroused in the public mind a condition of doubt as to the exact scientific character of the practice of medicine. Indeed, the views of the public with regard to this subject have tended in this direction in recent years with considerable emphasis, and the establishment and success of directly opposite schools and systems of medical practice, and the fact that the practice in all the schools has materially changed during the past quarter of a century, have awakened a large amount of public distrust.

So much is this the case that two years ago a prominent physician complained at a meeting of one of the medical associations that his patients no

longer relied implicitly and ignorantly on his directions, but insisted on knowing the nature of his prescriptions and their probable result. There is, indeed, a general feeling of 'wanting to know, you know,' in regard to the genuineness of medical knowledge and medical practice, and, reprehensible as this species of this curiosity may be, the *Herald* has felt called upon to clear up the doubts which prevail as far as lies in its power. A *Herald* reporter has accordingly interviewed a number of leading physicians of all schools to obtain from them their conclusion as to the question

IS MEDICINE AN EXACT SCIENCE?

The replies to this question will be found below, in the language of the eminent gentlemen appealed to, accompanied by much valuable information, cognate or extraneous, freely dispensed by them in their responses. The first physician appealed to was Dr. George M. Beard, well known as a medical man, expert as a dialectician and an eminent member of the Neurological Society. Dr. Beard was found in his cosey consultation room at his residence, in East Twenty-ninth street.

"What you ask is not a question among scientific men," said Dr. Beard. "No one professes that medicine is an exact science who is accustomed to reasoning on these subjects. There is a degree of exactness in medical science and in the medical art, but it is approximate rather than absolute."

"But is medicine itself a science?" persisted the reporter.

"There is science in medicine, but medicine strictly is not wholly a science. Science is only science when it reaches the deductive stage where we know beforehand without investigation or trial. There are very many things in medicine that we know beforehand, and that are therefore truly science—that is, organized, verifiable knowledge. We know, for example, beforehand, without trial, that chloroform will produce anæsthesia; that opium will kill, and that, so far as it goes, is science. But we do not know, in any individual case just how much chloroform will be needed to produce anæsthesia or how large a dose of opium will be needed to kill."

Here the reporter reflected that he somewhere heard that medical practice was designed to cure and not to kill, but he did not say so.

"In medical practice, considered as a science, how would you view the changes made by time in methods—as, for instance, the changed treatment of fevers in the past twenty-five years?" asked the reporter.

"Amid all these changes," Dr. Beard replied, "there have been a number of permanent truths, just as there are a number of permanent truths in astronomy, physics, &c. Amid all these changes the use of opium, for example, is entirely scientific, and the fact that it can relieve pain is as well established as the Copernican theory, and has been for hundreds of years. Chloroform is another instance."

"Do you not consider that medicine to-day in its large practice, is experimental?"

"No. There is much experiment in it, and must be; but we know beforehand, without experiment, the general action of a large number of remedies of which even fifty years ago nothing was known. Among these are electricity, the bromides, chloral, ergot in its application to nervous diseases, and iodide of potassium. Their general action we know deductively. In their special application to individuals, where idiosyncracies come in, their use is in a certain degree experimental. Practice of medicine is based on these facts. If medicine were in all respects an absolutely exact science there would be no need for doctors."

"Is there any scientific certainty in diagnosis by symptoms alone; and in the case of disease, where does absolute diagnosis begin and end?"

"There is no absolute, mathematical dividing line in diagnosis. Physiology shades into pathology—health into disease—by insensible gradations. There is an evolution in disease, a change of type, from age to age, which requires and obtains an evolution in its treatment. There has been enormous progress in the treatment of disease in the last fifteen years."

DR. HAMMOND'S VIEWS,

This closed the interview, and the reporter proceeded to call on Dr. William A. Hammond, at his residence in fifty-fourth street. The doctor was found in his picturesque study, seated in his Eliza-

bethean chair, and surrounded by books and bric-a-brac. He kindly consented to inform the public as to the scientific nature of medicine, and proceeded to do so in the following language:

"No physician who knows anything about his profession will contend for one moment that medicine is an exact science. In fact he will be ready to admit that it never can be an exact science, because the factors are always variable. If I take two cannon balls of known weight and roll them against each other at a certain velocity I get a certain result, which will always be the same under like circumstances, because the factors are the same. But in the practice of medicine the factors are never the same, and therefore the results will always be different. For instance, I give John Smith a grain of opium. Now there I have two factors—the grain of opium and John Smith. I find that that grain of opium puts John Smith to sleep. But it will be exceedingly unphilosophical for me to assume from the fact that a grain of opium will put John Brown to sleep, because John Brown is a very different man from John Smith. No two men are exactly alike. Therefore you have one variable factor every time, although your opium may be pure. But there are a sufficient number of men in the world like John Smith to enable us to say, with a reasonable degree of probability, that a grain of opium will put them to sleep. If it does not, we give another grain, and so on, until we give enough to make the man sleep. Thus we see that medicine is an experimental science and can never be other-

wise. For what is true of opium is true of every other drug, and so of every other man. What therefore is written by physicians of the action of drugs, is written in a general sense, and without any pretence to exactness. We find, for instance, that one man is not appreciably affected by repeated large doses of mercury, while another man is salivated by an infinitesimal dose. Therefore, what is being done by Tanner, for instance, is of no value, because, even if honestly conducted, it only proves what Tanner can do, and nothing more. This applies simply to the practice of medicine and not to diagnosis. The main advances in medicine in the last twenty-five years have been in the direction of diagnosis, or the determination of the nature of the affection under which a patient suffers. This is mainly due to the fact that we have a great many instruments of precision, invented by ourselves, for the examination of cases of disease, such as the ophthalmoscope, by which we can see the whole interior of the eye; the laryngoscope, for examining the larynx; the otoscope, for examining the ear; the endoscope, for examining the bladder; the gastroscope, for observing the interior of the stomach; the various speculums for examining the organs in women; the æsthosiometer, for determining the sensibility of the patient; the dynamometer, for measuring his strength; the dynamograph, an automatic instrument for recording the condition of the strength; thermometers of very delicate construction; the thermo-electric differential calorimeter, for making extremely minute determinations

of temperature; the microscope, and various forms of electrical apparatus, which are of great service in the diagnosis of very many diseases, and last, but not least, by which we can determine the nature of a disease of the heart or lungs with almost absolute certainty."

And then Dr. Hammond proceeded to exhibit to the reporter a number of the instruments which he had named, leaving him in a condition of awe at the amount of human sagacity as displayed in inventions to assist the Doctor, mingled with wonder that there are so many people who die with disease.

THE HOMŒOPATHIC IDEA.

Dr. Sinclair Smith, of the homœopathic school of medical practice, professor of diseases of children, was found in his study at his residence in thirty-eight street, and in answer to the question. "Is medicine an exact science as viewed from a homœopathic standpoint?" he said:

"It is not an exact science, but as to diagnosis there are certain diseases which physicians can certainly diagnose without the shadow of a doubt. I cannot say as much with regard to therapeutics, though even that is becoming more and more exact, as we become better acquainted with remedies. The treatment of disease has been modified greatly the last twenty years. In regard to the practice of medicine, though, I do not think it can be called an exact science, though I believe the time will come when it will become so."

Dr. Marcy, of No. 313 Fifth avenue, is well

known to the public as a leading practitioner in the school of Hanhemann. He was found in the possession of a few moments' leisure, though this was speedily broken in upon by the arrival of a number of patients.

"So far as diagnosis is concerned," said Dr. Marcy, "medicine is in many respects an exact science. As, for example, with regard to the heart and lungs, whether diseased, how and where, so far as these questions are to be answered, medicine is an exact science. So with regard to diseases of the kidneys. The symptoms of Bright's disease are absolutely positive. A physician may stake his life on it. By the microscope, too, he can tell the exact stage of the disease, and if it be impossible to recover. Now as to "Materia Medica." The great advantage claimed by homœopathic physicians over other schools is that this school proves all its drugs in healthy cases, and is exact so far as these provings are conducted on the persons of the practitioners, the belief being that a medicine should act on the diseased parts and not on the healthy parts, as in the other practice (by revulsion). A dozen provers experiencing the same symptoms from a drug (say belladonna) it may be considered exact."

The Doctor proceeded to describe the nature of the drug glonoine (employed in headaches and epilepsy) with half a dozen pellets of which laid upon the tongue Dr. Marcy said he would guarantee to produce five distinct symptoms.

"The reason why small doses are given in Ho-

mœopathy," said the Doctor, "is to adapt the remedies to the increased sensitiveness of the diseased parts."

THE "OLD SCHOOL" AGAIN.

Dr. Alanson S. Jones, of West Thirty-sixth street, is a fellow of the Academy of Medicine and member of the New York County Medical Society. Of course he is a practitioner of the old school,

"Doctor," said the reporter, "is medicine an exact science?"

"It certainly is not."

"Is there any certainty in the use of drugs?"

"The result of the administration of drugs is reasonably certain, but not sufficiently so to make it an exact science. Because there are circumstances and conditions that we cannot be absolutely certain about. Yet the investigations of modern science in physiology and pathology have constantly tended to make this more sure. As to diagnosis I consider it to be almost absolutely certain. There are cases in which the combination of circumstances is such as to render diagnosis extremely difficult, but they are very rare. In regard to cutaneous diseases diagnostic conditions are not complete until eruption appears. The completion of these conditions is termed pathognomonic, or indicating the disease which produces the symptoms. As to the evolution of disease I do not believe it. Diseases remain the same, but changed conditions in localities produce a different class of diseases."

The reporter next sought Dr. Meredith Clymer,

a well-known specialist in nervous diseases and in medical jurisprudence, a voluminous and esteemed writer. In answer to the question, "Is medicine an exact science?" Dr. Cylmer said, briefly,

"No; though it is impossible to hold a scientific man to categorical answers. Medicine comprehends anatomy, which is certainly an exact science. Physical diagnosis, if the physician is careful, is an exact science—as in diseases of the chest, by percussion and auscultation. Diagnosis, in most of the diseases of the eye, has become positive and exact by the use of the opthalmoscope. Whenever you can use physical means of examination the diagnosis can be exact, but symptoms are misleading. The examination of the blood by chemical and microscopical means is exact. Again, the use of medical thermometry is exact. The old method of pulse means was deceptive, but in the past fifteen years we have been able to tell the exact rise in temperature, as in fevers. The application is specially valuable in first discerning a case of phthisis. As far as diagnosis and the detection and differentiation of disease are concerned medicine is almost an exact science. Pathological anatomy is exact. But when you come to the practice of medicine—which is what the public employ the doctor for—it is empirical. Here is where the patient don't want the science, he wants the art, and yet here is where it is empirical. Accumulated experience is worth something, and just here the contemned country doctor has the advantage which is given by close competition. It sharpens

wits, makes him observant, and he is successful, because he must be successful or go under."

DR. FRANK H. HAMILTON'S OPINION.

The last medical gentleman consulted on this question was Dr. Frank H. Hamilton, the eminent surgeon, who was found at his residence in West Thirty-second street, and gave his views with great directness and in the most concise manner.

"Medicine in general cannot be considered an exact science, though I consider anatomy to be as exact as astronomy, and physiology and pathology approximate exactness. Surgery approaches much more nearly exactness than medical practice. There are too many conditions of climate, atmosphere, constitution, and varying states of the constitution, age, &c., to render it possible that medicine should ever become an exact science. The human system is a very complicated laboratory, and medicines pass through too many changes after being received into the system to enable us to calculate absolutely and accurately what will be the ultimate result. Surgery, just inasmuch as it approaches the nature of a mechanical science or art, approaches more nearly the character of an exact science. The old writers said of surgery:—*Quod in therapiea mechanicum est;*" but modern surgery comprises a great deal more than what is purely mechanical. The larger part of surgery, as we now understand it, is strictly therapeutical, and in so much partakes of the uncertainties of general therapeutics. We believe that both of these depart-

ments are moving in the direction of the final result of an exact science. But both are far from having yet attained it. There is still room enough for study, and for the application of genius, in discovery and invention."

This closed the series of interviews on this important question.

The foregoing is the opinion, as expressed, of several of the leaders or representatives of the two medical schools in New York. They have been put in the humiliating position where they were obliged to confess that medicine "*was not an exact science*," but if the reporter of the *Herald* had gone further and demanded of these doctors, in the name of suffering millions, *what diseases they had ever cured, or what diseases they could treat with any certainty of success*, these pretenders to "science in medicine" would *have been forced to admit that they had never cured anybody, and that they had no remedies that could be relied upon in the cure of disease;* all they *could say* to sustain their pretensions to science was that somebody had "invented instruments that would determine the nature of disease." Of what use are these instruments, or of what account is the knowledge of disease if you are impotent to relieve or cure it? Of what service is it to a drowning man in mid-ocean that some person stands afar off and sees his distress who has no means of rescuing him? In the name of sickness and distress; in the name of physical health and common sense; in the name of every thing that is dear or sacred to us in life, are not the

admissions of these doctors coupled with the fact of our knowledge of the millions that have been injured and slain by them, sufficient to deter us from bringing them to our bedsides when sickness comes; it is enough for poor human nature to overcome the disease. Shall we then demand it to overcome the ignorance or infamy of the doctor?

Dr. Tanner's Opinion of his Medical Brethren.

DR. TANNER'S OPINION OF HIS PROFESSION.

AFTER he had examined these gifts Dr. Tanner asked for a glass of water. As the *Herald* watcher was about to hand it to him one of the medical students insisted upon measuring it, to ascertain if the glass did not contain a drachm more than four ounces, the quantity usually poured out. This delay nettled the faster, evidently, for he exclaimed with some warmth, addressing his conversation jointly to the *Herald* watcher and one of the older physicians:

"I am sick of seeing those men higgle over half a drachm of water. I have seen them do it when I was really suffering. I have long since grown disgusted with my profession. They are diametrically opposed to each other in their views. In court, for instance, the so-called expert testimony in malpractice and will cases is often *ex parte* testimony.

Each one takes his own view. There is no class in the world in such vassalage as are doctors. If you think for yourself or depart from the code they want to whip you into line. For years I have been the target of the profession in Ohio and Minnesota, but have managed to live through the ordeal. I have a way of thinking and acting for myself, and I long ago found out that I could not practice my profession and be a strictly honorable man."

A medical visitor remarked: "Any man who can do what you are doing need not fear for the future." To which Dr. Tanner quickly rejoined: "You can all do it if you would be men. You have got to rise up and throw off the shackles. When you do that, you and your profession will be better off."

The Old School vs. Dr. Blood.

SOME of my readers may inquire how it is that I claim to be able to cure diseases when I maintain that there is no science in the so-called "practice of medicine?" I will anticipate this inquiry by saying that the regular schools of medicine have been illiberal, their representatives have iron bands around their heads and they have accepted nothing unless it has come to them in the so-called "regular way." While I have been reaching out for new things that promised reform. I have paid vast sums of money for a knowledge of reme-

dies that were known to cure. I have been a purchaser in the market for many years, for any valuable information regarding the cure of diseases, and I have no hesitation in saying that I have expended more than $150,000 for medical formulas and medical secrets. I have, myself, reduced the cure of eight heretofore considered incurable diseases to a mathematical certainty. I do not claim to be infallible in all diseases, but in special diseases, which have been named in other pages of this book, I claim to be successful in their treatment and cure, and so confident am I in my ability to cure these diseases that I and my representatives ask no fee whatever until a cure is established. I have had from twenty to one hundred and fifty physicians representing my practice for the past quarter of a century, and they or I, with remedies invented or owned by me, have treated and cured more than one hundred thousand persons in different parts of the United States who had been treated and dismissed as incurable cases by other physicians. I have the names and residences of these people. These so-called "regular physicians" do not admire me because I have been the means of bringing sunshine and happiness where they have brought desolation, and I do not love them because I believe many of them to be seducers, abortionists, and false pretenders to a science where no science exists. Some of my conservative friends have marveled at my audacity in writing so plainly of these so-called medical men; they have suggested that these men might combine together to get me into

difficulty, but these friends do not know them as well as I do. They have not heard the million confessions of women in regard to their seductions and murder that I have; they have not seen the broken hearted lovers and husbands that I have seen and heard in regard to their immoral practices. They have not heard the story of the nation of cripples and physical wrecks that I have seen and heard, and whose afflictions have been brought upon them by these so-called "doctors."

When the people shall hear and know what I have heard and know they will believe with me that these so-called "doctors," would be more dangerous with blue pills, dead men's bodies, and the beautiful wife or daughter of some trusting husband and father than with a live man *who knows their infamies, upon whom they were perpetrated, and the names of the perpetrators.*

The Early History of a Boy I Knew.

THE subject of this article was a proud, ambitious boy, who was born in a town in Massachusetts, not more than fifty miles from what is denominated "the Hub," or the supposed "centre of the universe." This boy was born, so far as is known, in the usual way. His parents were respectable, industrious, well to do people, and had they properly understood the

science of life, their full duty to their child and the nature, capabilities, and high aspirations of their boy, I am sure they would have conformed to the requirements of his tastes, and shown him their love and regard by furnishing him with a respectable and presentable wardrobe, to enable him to appear as the equal, at least, of other boys in his neighborhood, and thus established in his mind the high principles of self-respect and honor, together with that instinctive, or natural respect and love for the mother and father who gave him life. But these parents, although abundantly able to respond to the trifling and simple wants of their boy, dressed him in old clothes, sometimes barely covering his little body, barefooted, and with his old clothes patched, battered and torn, and in the place of gentle looks, kind acts, and loving encouraging words, he was cuffed, kicked, cowhided, threatened, and told of his faults and follies until the idea became firmly rooted in his mind that he was the inferior of other boys mentally, morally and socially, and that he was but a vagabond or waif, only to be sustained through the condescension or charity of his parents. Degraded and humiliated in his own estimation, this boy became a sneak, he would go a mile out of his way rather than meet a well dressed lady or gentleman. His imagination became distorted, making him disobedient, high tempered, revengeful and untruthful; kind acts, or kind words would have dissipated all these vile propensities; but they were scarcely ever received until he grew to an age to go out

into the world and receive them from strangers. When strangers began to show an appreciation of this boy and to bestow upon him kindness and friendship, he began to regard his parents as the assassins of his youthful rights and happiness, and he turned his back upon their dwelling place to seek a home among strangers.

In the long years that have elapsed since this boy's childhood, and when he has remembered that the forms of his parents were becoming bent with age, and that life to them would soon cease to have its pleasures and its sorrows, he has struggled hard to forget their misunderstanding of his nature and their injustice toward him, and when he has nearly succeeded in burying the terrible ordeals of his youth, some humiliation he has suffered, some horrid privation he has endured or some ambition that has not been reached in consequence of his treatment in early life, coupled with the fact that his parents in all these years have been as silent as the grave upon the question of his youthful treatment, appears before him like a ghastly nightmare to destroy the natural yearnings of his heart. This boy has grown to middle life, has prospered and been honored in spite of the hardships of his youth. How much better would have been his position in life now, had he been properly cared for by his parents in youth, of course is problematical, but had they treated him gently and justly they would now have the consciousness not only of their justice toward him, but of possessing his full love and respect, without a shadow or without a reproach.

This boy's parents are but the type of thousands of parents the world over. They bring children into the world only to misunderstand and misuse them, and when in consequence of their own ignorance and harshness, they have destroyed the self-respect, pride, and obedience of their children, and have *degraded* them until they become *thieves*, *drunkards*, *liars*, or *murderers*, they heap their reproaches upon fate or God Almighty, for sending them such vagabonds. God Almighty, fate, and the devil have a great many responsibilities charged upon them of which they know nothing.

Men and women who take upon themselves the responsibility of producing children, should learn how to treat them after they have brought them into the world; they are responsible for the child's life, and largely for his future existence and usefulness. A child should always be treated gently, he should be neatly and properly clothed, and led to believe that he is just as good, if not a little better than the neighbor's children. His tastes should be studied and catered to, a blow or a kick should never be suggested or threatened. He should be controlled through his affections and through his sense of honor and justice. All his rights should be respected and his reasonable desires gratified, if within the parent's means to gratify them: if not within their reach or ability, the child should be told the reasons why. No misrepresentation should ever be made to a child to accomplish an end; always speak the truth to them. If these suggestions are followed by parents they will have the

love, respect, and confidence of their children, and home will be man's and woman's paradise.

Rules for the Sick Room.

THE following rules should be observed in preparing, cooking, and serving food for the sick:

All the utensils employed should be *scrupulously clean.*

Never make a large quantity of one thing at a time.

Serve everything in as tempting and elegant a form as possible.

Put only a small quantity of an article on a dish at a time.

Keep milk and other delicacies on ice in warm weather.

Never leave food about a sick room.

Never offer beef tea or broth with the *smallest particle* of fat or grease on it, nor milk that is sour, nor meat or soup that is turned, nor an egg that is bad, nor vegetables that are underdone.

If the patient's mouth be foul, as in small-pox or putrid fever, it should be cleansed when he is fed.

The administration of nutriment should then be so frequent that it is not allowed to become again foul. Food should, as a rule, be as near the natu-

ral temperature of the body as possible. But when the febrile heat is very high, or there is much nausea, some of it may be iced, with advantage. When life seems passing away under their eyes, the friends will often shrink from tormenting (as it seems to them) the sick man with food. Let them not despair; many a one has recovered after the doctor has taken his leave with a sad shake of the head, and without making a fresh appointment. And let them also be stimulated by this fact, namely, that the pains of death are aggravated, if not mainly caused, by the failure of nutrition. Even when apparently insensible, the dying suffer much increased distress from want of food, though they cannot express their sufferings.

Bathing.

BATHING is an important matter, not only in hygiene, for the preservation of health, but for the treatment of many ailments. Every person should bathe several times a week.

ALKALINE BATHS.

Add about a quarter of a pound of carbonate of soda to the water in the bath—this will be found useful in skin diseases.

IRON BATH.

Put an ounce of sulphate of iron in the water of

the bath. This bath is excellent for scrofulous subjects.

MUSTARD BATH.

Two ounces of mustard added to the water of the bath makes an effective stimulant, and is excellent in cases of debility, exhaustion, colds, etc.

SULPHUR BATH.

Two ounces of powdered sulphur added to the water of the bath will be very effective in cases of itch, or diseases of the skin.

TURPENTINE BATH.

Baking Soda, two pounds.

Turpentine, eight ounces.

Oil of Rosemary, half ounce.

Add the above to the water of the bath and it will be found to soften the skin, quiet the pulse, and make respiration easy.

SALT WATER BATH.

Introduce a half pound of salt into the bath. Useful in scrofula, dryness of the skin, colds, etc.

HIP BATHS

Consist of a vessel containing warm water, and large enough for the patient to sit in, so that the hips will be completely immersed. They are useful in kidney diseases.

FOOT BATHS

Are very useful in drawing the blood away from the brain, lungs or any congested organ. They also excite perspiration and persuade sleep. The

foot bath can be prolonged for twenty or thirty minutes, a blanket being thrown over the limbs to prevent taking cold.

VALERIAN BATH.

Mix two drachms bruised valerian leaves in a glassfull of boiling water and add to the bath. This bath will produce sleep when internal medicines fail.

MEDICATED VAPOR BATHS.

Place dried herbs, such as thyme, rosemary, lavender flowers or any others it may be proper to use in water. When the water is brought to a boiling point, place the unclothed patient on a cane bottomed chair, with a large blanket fastened about the neck and reaching to the floor, under the chair and the vessel put a spirit lamp, so soon as the water boils the body will be surrounded with a vapor. This bath is useful in cases of general debility, skin diseases, colds, fevers, kidney, liver and urinary diseases. The bath is also good for disinfecting sick rooms, or houses in which there are malarial poisons.

Fomentations, or Steaming.

FOMENTATION is the application of warmth and moisture to the surface of the body by by means of a flannel or soft cloth. Steaming consists in exposing a part to the vapors arising

from a piece of flannel wrung out in boiling water; it is often employed in affections of the eyes.

AN ORDINARY FOMENTATION.

Immerse a piece of flannel in boiling water, remove it and put it in a wringer made by attaching stout toweling to two rods. The wringer is twisted around the flannel very strongly, till as much as possible of the water is pressed away. The wringer is useful, as the flannel is too hot, when first removed from the boiling water, to be grasped by the hand. When wrung as dry as possible, fomentations prepared in this way may be applied very hot, without fear of scalding or blistering the skin.

The flannel when applied to the part, should be covered with a piece of oiled silk or rubber cloth, and changed before it becomes cold. On the removal of the fomentation the skin should be at once gently dried and covered with a piece of dry flannel.

If the precaution of covering the fomentation with oiled silk, muslin, or paper, or a rubber cloth, be neglected, the warm, comforting flannels will be converted, in a few minutes, into cold, clammy, wet ones, disagreeable and hurtful to the patient.

TURPENTINE FOMENTATION.

Steep a piece of lint or linen in oil of turpentine, place it over the part, and immediately apply over it flannel, heated as hot as it can be borne.

This is, frequently, more effectual than a mustard plaster.

Sprinkle the flannel, wrung out of hot water in the manner described, with a tablespoonful of turpentine.

This will act as a counter-irritant, rapidly reddening the skin, and relieving pain in many cases.

MUSTARD FOMENTATION.

Add a quarter of a pound of mustard to a pint of boiling water. Wring the flannel cloths out in this solution, in the manner above directed.

This fomentation quickly reddens the skin, and is frequently useful in allaying pain.

Disinfectants.

DISINFECTANTS are substances which possess the power of destroying poisons capable of producing disease, and of removing disagreeable odors and gases by decomposing both them and the bodies from which they proceed.

The principal disinfectants are carbolic acid, coal tar, creosote, charcoal, chlorine, permanganate of potash, quicklime, sulphate of iron (copperas or green vitriol), sulphur, and fresh earth.

CARBOLIC ACID AS A DISINFECTANT.

Take of

Pure carbolic acid, one ounce.

Water, one gallon.

Mix. Sprinkle over the floors of privies, about sinks, etc.

Powder some wood charcoal and expose it, in open pans, in the place to be disinfected. It has the advantage over lime preparations, of being without odor.

CHLORINE AS A DISINFECTANT.

Chlorine water, to be obtained from any druggist, is a useful agent for correcting stenches, and, diluted with water, for washing foul sores.

PERMANGANATE OF POTASH.

Take of

Permanganate of potash, a teaspoonful.

Water, a quart.

Expose, in saucers, in the sick room. Useful for musty closets and foul cellars. It has no odor itself.

Gargles.

GARGLES, to be of benefit, must be frequently repeated, and their use persevered in.

GARGLE OF BRANDY.

A mixture of equal parts of brandy and water makes a useful gargle in some cases of sore throat.

GARGLE OF ALUM.

Take of

Alum, two teaspoonfuls.

Water, a tumblerful.

Mix. Used to remove offensive breath depending upon inflamed throat.

Pour upon a quarter of a pound of fresh unslackened lime two quarts of hot water. After standing several hours carefully decant the clear liquid; without shaking up the lime. This is a valuable gargle in diphtheria and croup.

GARGLE OF CHLORATE OF POTASH.

Take of

Chlorate of potash, a teaspoonful.

Water, a tumblerful.

Mix. An excellent gargle for ordinary sore throat.

GARGLE OF SAGE AND LINSEED.

Take of

Sage, two ounces.

Linseed, one ounce.

Boiling water, one pint.

Mix. To be used cold in the early stages of inflamed throat.

Eye-Washes or Waters.

EYE-WATERS are solutions applied directly to the eye or eyelids.

ALUM EYE-WASH.

Take of

Alum, one grain.

Pure water, two tablespoonfuls.

Mix. A useful wash, night and morning, for inflamed eyes.

A teaspoonful of brandy to two tablespoonfuls of water makes a serviceable eye-water when a stimulant is wanted.

ARNICA EYE-WASH.

Take of

Tincture of arnica, five drops.
Pure water, two tablespoonfuls.
Mix. Often of benefit in weak or sore eyes.

TEA EYE-WASH.

Ordinary tea, when cold, makes a valuable eye-water in many cases.

Nutritious, Cooling and Soothing Drinks.

LEMONADE.

Take of

Sugar, two or three lumps.
Lemon, one.

Rub the sugar on the rind of the lemon, squeeze out the juice, and add to it half a pint or a pint of *cold* or *iced water*; or, better still, one or two bottles of *soda water*.

ANOTHER LEMONADE.

Pare the rind of three *lemons* as thin as possible, add a quart of *boiling water*, and a quarter of an ounce of *isinglass*. Let them stand till next day, covered, then squeeze the juice of eight *lemons* upon half a pound of *lump sugar*; when the sugar

is dissolved, pour the lemon and water upon it, mix all well together, strain it, and it is ready for use.

EFFERVESCING LEMONADE.

Squeeze two large *lemons*, and add a pint of *spring water* to the juice, and then four or five lumps of *white sugar*. When required for use, pour half of it into a smaller tumbler, and add half a teaspoonful of *baking soda*; stir and drink while foaming.

BARLEY WATER.

Take of

Pearl barley, half a quarter of a pound.

Wash with cold water. Boil for five minutes in some fresh water, and then throw both waters away. Then pour on two quarts of *boiling water*, and boil it down to a quart. Flavor with thinly-cut *lemon rind*, and sugar to taste, but do not strain, unless at the sick person's special request.

This is an excellent receipe for making hard water more digestible.

LINSEED TEA.

Take of

Whole linseed.

White sugar, each one ounce.

Liquorice root, half an ounce.

Lemon juice, four tablespoonfuls.

Pour on the materials two pints of *boiling water*, let them stand in a hot place four hours, and then strain off the liquor.

This makes an admirable soothing drink, which acts also upon the kidneys.

Take of

Arrowroot, two teaspoonfuls.

Cold water, three tablespoonfuls.

Mix together and pour in about half a pint of *boiling water*. When well mixed, add, by degrees, half a pint of *cold water*, stirring all the time, so as to make it perfectly smooth. It should be about the consistence of cream; if too thick, a little more water may be added. Then pour in two wineglassfuls of *sherry*, or one of *brandy*, add *sugar* to taste, and give it to the invalid in a tumbler. A lump of *ice* may be added.

MILK PUNCH.

Take of

Good brandy, two tablespoonfuls.

Cold, fresh milk, one tumblerful,

Mix with *sugar* and *nutmeg* to taste.

This is a useful drink when a stimulant is required in conjunction with a nutrient. It is a medicinal drink, and must not be given indiscriminately.

WINE WHEY.

Take of

Fresh milk, one pint.

Boil it, and so soon as the boiling point is reached add as much good *madeira* or *sherry* as will coagulate it. Strain, and sweeten or flavor for use.

This preparation, when nicely made, renders great service to the sick in proper cases.

EGG AND SHERRY.

Beat up an *egg* till it froths, add a lump of *sugar*

and two tablespoonfuls of *water*. Mix well. Then pour in a wineglassful of *sherry*, and serve it before it gets flat. Half the quantity of *brandy* may be used instead of sherry.

This is a valuable preparation in cases of great prostration, when stimulants and concentrated nutriment are required.

ICE.

It has been found by experiments on the gastric juice that low temperature does not exercise any deleterious influence upon it, though it is quite spoiled by heat. The supply of the juices necessary to digestion is arrested by feverishness of the system in hot weather and in hot rooms. It cannot, therefore, but be beneficial to the stomach to reduce the unusual temperature to which it has been brought by the overheated blood. Hence, ice makes a most valuable addition to the tables of both sick and well. It is very injurious during the exhaustion following violent exercise, or the real cooling attending excessive perspiration. Lake ice is much superior to pond or snow ice.

TOAST AND WATER.

Take of

Bread, one slice, from a stale loaf.

Boiling water, one quart.

Toast the slice of stale bread (a piece of hard crust is better than anything else for the purpose) to a nice brown on each side, but *do not allow it to burn or blacken.* Put it into a jug, pour the boiling water over it, cover it closely, and let it

remain until cold. When strained it will be ready for use.

NUTRITIOUS COFFEE.

Dissolve a little *isinglass* in water, then put half an ounce of freshly ground *coffee* into a saucepan, with one pint of *new milk*, which should be nearly boiling before the coffee is added. Boil both together for a few minutes. Clear it by pouring some of it in a cup, and dashing it back again. Add the isinglass and leave it to settle before the fire for a few minutes. Beat up an *egg* in a breakfast cup and pour the coffee into it: or, if preferred, drink without the egg.

MILK AND ISINGLASS.

Take of

Isinglass, a pinch or two.

Milk, a tumblerful.

Mix well and boil. Serve with or without sugar, as preferred.

A SOOTHING DRINK.

Take of

Isinglass, a pinch.

New Milk, a tumblerful.

Bruised sweet almonds, half a dozen.

Sugar, three lumps.

Boil together.

MILK AND CINNAMON DRINK.

Boil in a pint of *new milk*, sufficient *cinnamon* to flavor it pleasantly, and sweeten with *white sugar*.

This may be taken cold, with a teaspoonful of

brandy, and is very good in cases of diarrhœa. Children may take it milk-warm, without the brandy.

CAUDLE.

Beat up an *egg* to a froth, add a wineglassful of *sherry*, and half a pint of *gruel;* flavor with *lemon-peel* and *nutmeg*, and sweeten to taste.

APPLE WATER.

Slice two or three ripe *apples*, without paring, into a pitcher, pour on a quart of *scalding water*, let it stand till cool, and sweeten with sugar.

CHOCOLATE.

Put *milk* and *water* on to boil. Scrape the chocolate fine, one or two squares to a pint, as will best suit the stomach. When the mixture of milk and water boils, take it off the fire, throw the chocolate into it, mix it well, and serve it up with the froth. The sugar may be mixed with scraped chocolate, or added afterwards. It should never be made before it is wanted, as heating it again injures the flavor, and causes a separation of the oil.

CHOCOLATE MILK.

Dissolve an ounce of scraped *chocolate* in a pint of boiling new *milk*.

THE INVALID'S TEA.

Pour into a small china cup or earthenware teapot a cup of boiling water: empty it out, and while the teapot is still hot and steaming, put in the tea. Add enough boiling water to wet the tea

thoroughly, and set it close to the fire to steam, for five or six minutes. Then pour in the quantity of boiling water required from the kettle, and it is ready for use.

ROSE TEA.

Take of

Red rose-buds (the white heels being taken off) half an ounce.

White wine vinegar, three tablespoonfuls.

White sugar candy, one ounce.

Put them in two pints of boiling water, and let them stand near a fire for two hours, then strain.

Similar sour drinks may be made of apple jelly, guava jelly, syrup of gooseberries, etc. A variety is always agreeable.

Broths and Soups.

BROTHS, soups and beef tea should not be kept hot, but heated up as required. Neither should they ever be made in the sick room.

CHICKEN BROTH.

Skin and chop up small a *small chicken*, or half a *large fowl*, and boil it, bones and all, with a blade of *mace* or sprig of *parsley*, and a crust of *bread*, in a quart of water, for an hour, skimming it from time to time. Strain through a coarse colander.

Chicken broth, poured on thin pieces of bread laid on the bottom of the dish, makes a good

sauce for boiled chicken or partridge, when the invalid is well enough to be allowed solid food.

MUTTON BROTH.

Take of

Lean loin of mutton, one pound, exclusive of bone.

Water, three pints.

Boil gently till very tender, throwing in a little salt and onion, according to taste,. Pour out the broth into a basin, and, when it is cold, skim off all the fat. It can be warmed up as wanted.

If barley or rice is added, as is desirable during recovery from sickness, it must be boiled first, separately, till quite soft, and put in when the broth is heated for use.

WHOLE BEEF TEA.

The *virtue* of beef tea is to contain all the contents and flavors of lean beef in a liquid form, Its *vices* are, to be sticky and strong, and to set in a hard jelly when cold.

Take half a pound of fresh-killed beef for every pint of tea required, and remove all fat, sinew, viens and bones. Cut up into pieces under half an inch square, and soak for twelve hours, in one-third of the water. Take it out and simmer for two hours in the remaining two-thirds of the water, the quantity lost by evaporation being replaced from time to time. Then pour the boiling liquor on the cold liquor in which the meat was soaked. Dry the solid meat, pound it in a mortar, freed from all stringy parts and mix with the rest.

When the beef tea is made daily, it is convenient to use one day's boiled meat for the next day's tea, as thus it has time to dry and is easier pounded.

A wholesome flavoring for beef tea is fresh *tomato*. A piece of green *celery stalk*, or a small *onion* and a few *cloves*, may also be boiled in it. Leeks give it a rusty flavor, and mushroom ketchup, sometimes introduced, is of doubtful composition.

While this is cooking, some more hastily prepared, in the following way, may be used.

QUICKLY MADE BEEF TEA.

Take one pound of raw beef, minced, for each pint of water. Stir up cold and let it stand for one hour. Then place the vessel in which they are mixed in a pan of water, and heat for another hour, over a slow fire, being careful not to boil, as then the preparation becomes gluey, and is not equally nutritious or digestible. Run the tea through a coarse strainer, and flavor at discretion.

VEGETABLE SOUP.

Take of *butter*, half a pound. Put it in a deep stew-pan, place it on a gentle fire till it melts, shake it about, and let it stand until it has done making a noise. Have ready six medium-sized *onions*, peeled and cut small; throw them in and shake them about. Take a bunch of *celery*, cut in pieces about an inch long, a large handful of *spinach*, cut small, and a little bundle of *parsley*, chopped fine; sprinkle these into the pan, and shake them about for a quarter of an hour; then sprinkle in a little

flour and stir it up. Pour into the pan two quarts of *boiling water*, and add a handful of dry *bread-crust*, broken in pieces, a teaspoonful of *pepper*, three blades of *mace*, beaten fine; boil gently another half hour. Then beat up the yolks of two *eggs*, with a teaspoonful of *vinegar*, and stir them in, and the soup is ready.

The order in which the ingredients are added is very important.

BREAD SOUP.

Take the crust of a *stale roll*, cut it in pieces, and boil it well in a pint of *water*, with a piece of *butter* as big as a walnut, stirring and beating them until the bread is raised. Season with celery and salt.

SPINACH SOUP.

Pick all the stalks from one and a half pounds of *fresh spinach*; wash it and clip it; put it in a three-quart stewing pan, with a quarter of a pound of *butter*; stir it over the fire for five minutes; add an ounce of *flour*, and stir again for three or four minutes, then stir in two quarts of *chicken broth* till it boils. Simmer it on a cool stove for half an hour, and add a small teaspoonful of cream. Serve with it some fried or baked bread.

Endive or *lettuce soup* may be prepared in the same way.

BEEF AND CHICKEN BROTH.

Take of

Lean beef, one pound.
Chicken, one-half, boned.

Pound together in a mortar; add salt; put in a stew-pan with two and a half pints of water, and stir over the fire till boiling. Then add carrots, onions, leeks, and celery, cut fine. Boil for half an hour. Strain and serve.

Jellies for Invalids.

ISINGLASS JELLY.

Boil an ounce of *isinglass* and a dozen *cloves* (if liked), in a quart of water, down to a pint. Strain, hot, through a flannel bag, on two ounces of *sugar-candy*, and flavor.

STRENGTHENING JELLY.

Simmer, in two quarts of soft water, one ounce of *pearl barley*, one ounce of *sago*, one ounce of *rice*, till reduced to one quart. Take a teacupful, in milk, morning noon and night.

MUTTON JELLY.

Take of

Shanks of mutton, six.
Lean beef, half a pound.
Water, three pints.
Crust of bread, toasted brown.
Pepper and salt, to taste.

Soak the shanks in water several hours, and scrub them well. Put the shanks, the beef and other ingredients into a saucepan, with the water,

and let them simmer, say, gently, for five hours. Strain it, and when cold, take off the fat. Warm up as much as is wanted at a time.

BREAD JELLY.

Take the crumb of a loaf, break it up, pour boiling water over it, and leave it to soak for three hours. Then strain off the water containing all the noxious matters with which the bread may be adulterated, and add fresh. Place the mixture on the fire and let it boil till it is perfectly smooth. Take it off, and after pouring out the water, flavor with anything agreeable. Put it into a mould, and turn it out when required for use.

RICE BLANC-MANGE.

Take of

Ground rice, one-quarter of a pound,
Loaf sugar, two ounces.
Butter, one ounce.
Milk, one quart.
Flavoring of lemon peel.

Mix the rice to a smooth batter, with a little milk, and put the remainder into a saucepan, with the butter, sugar and lemon peel. Bring the milk to boiling point, stir in the rice. Let it boil for ten minutes, or till it comes away from the saucepan. Grease a mould with salad oil, pour in the rice, let it get perfectly cold, and turn out.

ARROWROOT BLANC-MANGE.

Take of

Arrowroot, two tablespoonfuls.

Milk, three-quarters of a pint.

Lemon and sugar to taste.

Mix the arrowroot, with a little milk,to a smooth batter; put the rest of the milk on the fire and let it boil. Sweeten and flavor it, stirring all the time, till it thickens sufficiently to come from the sauce-pan. Put it into a mould till quite cold.

SAGO JELLY.

Take of

Sago, two tablespoonfuls.

Water, one pint.

Boil gently, until it thickens, frequently stirring. Wine, sugar and water may be added, according to circumstances.

TAPIOCA JELLY.

Take of

Tapioca, two tablespoonfuls.

Water, one pint

Boil it gently for an hour, or until it assumes a jelly-like appearance. Add sugar, wine and nut-meg, with lemon juice to suit the taste of the patient and the character of the ailment.

PANADA.

Take of

Bread crumbs, one ounce.

Mace, one blade.

Water, one pint.

Boil, without stirring, till they mix and turn smooth. Then add a grate of *nutmeg*, a small piece of *butter*, *sugar* according to taste.

Poultices.

"POULTICES are blessings or curses, as they are well or ill made," was a saying of the celebrated Dr. Abernethy. They should be spread thickly, as a general rule, otherwise they dry quickly, and irritate the part they are intended to soothe.

All poultices should be covered over by a piece of oiled silk, muslin, or paper, to retain the heat and moisture.

BREAD AND WATER POUTICES.

Scald out a basin, for, in order to make a good poultice perfectly, boiling water is necessary; then, having put in some hot water, throw in coarsely-crumbled bread, and cover it with a plate. When the bread has soaked up as much water as it will imbibe, drain off the remaining water, and there will be left a light pulp. Spread it, a third of an inch thick, on folded linen, and apply it when of the temperature of a warm bath.

Or, carefully pare away the hard, brown crust from a slice around the loaf of stale bread, dip it into hot water, lift it out once, and apply immediately if not too hot.

FLAXSEED MEAL POULTICE.

The celebrated Dr. Abernethy gave the following directions for making this poultice:

"Get some linseed powder, not the common

stuff full of grit and sand. Scald out a basin; pour in some perfectly boiling water; throw in the powder, stir it round with a stick, till well incorporated; add a little more water and a little more meal; stir again, and when it is about two-thirds the consistence you wish it to be, beat it up with the blade of a knife till all the lumps are removed. If properly made, it is so well worked together, that you might throw it up to the ceiling, and it would come down again without falling to pieces; it is, in fact, like a pan-cake. Then take it out, lay it on a piece of soft linen, spread it the fourth of an inch thick, and as wide as will cover the whole inflamed part; put a bit of hog's lard in the centre of it, and when it begins to melt, draw the edge of the knife lightly over and grease the surface of the poultice.

THE BRAN POULTICE

Is a sort of "entire," or half-and-half, partly poultice, partly fomentation, and is a very good application for setting up and keeping up perspiration on a part; but it requires to be often changed, for it very quickly becomes sour, and then has not the most agreeable smell. It merely consists of bran moistened, but not made wet, with hot water; and enough of it should be put into a flannel bag, sufficiently large to cover the part, to fill it about one-third; if more bran be put in the bag becomes unpleasantly heavy. It must then be held before the fire, and the bran turned about again and again, till it is thoroughly heated. Thus warmed, it must be

quickly applied, and the bran should be gently spread, so as to cover the whole extent of the bag.

STIMULATING POULTICES

Are required for two purposes; either to hasten the suppuration of a part or slough, or, as it is called in common language, "a setfast," or "core;" or to irritate the skin where it is inconvenient to a apply a blister, or for the purpose of rendering the operation of a blister more speedy. For the first of these objects, yeast, stale beer-grounds, or molasses is used; for the second, mustard.

YEAST POULTICE

Is made by mixing a pound of flour, or linseed-meal, or oat-meal, with half a pint of yeast or beer-grounds. The mixture is to be heated in a pot, carefully stirred, to prevent burning, and, when sufficiently warm, must be spread on linen, like any other poultice.

MOLASSES POULTICE

May be made according to the same proportions, heated and applied in the same way.

STARCH POULTICE.

Add a little cold water to the starch, and blend the two into a pap; then add sufficient boiling water to make a poultice of the required consistence, which must be spread on linen.

Useful in skin eruptions attended with much heat of pain, and, in general, when a soothing application is required.

The charcoal may either be mixed with the ingredients of the poultice or sprinkled over the part and covered with a simple poultice, or the following recipe may be used;

Take of

Wood charcoal, in powder, a tablespoonful.

Bread, three or four slices.

Flaxseed-meal, three tablespoonfuls.

Boiling water, one tumblerful.

Mix. A useful application to offensive wounds and sores.

CARROT POULTICE.

Boil the carrots till they become quite soft, mash them with a fork, and spread the pulp on linen, in the ordinary way.

A *turnip* poultice may be made in the same manner.

ALUM POULTICE.

Composed of the whites of two eggs and a teaspoonful of powdered alum. An excellent astringent.

MUSH POULTICE.

Stir Indian-meal, in small quantities, into water kept boiling in a pan, until the whole has acquired the proper degree of thickness.

MUSTARD POULTICE.

Mix powdered mustard with boiling water and a little vinegar and make a thin paste. Spread on brown paper with a piece of thin muslin over it. It should be kept on from 5 to 20 minutes.

Made by moistening with hot water the inner bark of slippery elm ground into a fine powder

BREAD AND MILK POULTICE.

Upon the crumbs of stale wheat bread, in a basin pour boiling milk, stirring with a spoon until the mixture has the thickness of mush.

Cold Effusions.

WET SHEET PACKING.

A SHEET dipped in cold or warm water, and well wrung out, is wrapped around the patient and covered with blankets. The patient should lie upon his side, thus wrapped up, for half an hour or an hour. Perspiration is produced and a sedative effect upon the system obtained.

THE WET COMPRESS.

A piece of flannel or muslin, wrung out in cold water, is put around the seat of the pain and covered over by a piece of oiled silk or muslin.

THE SPONGE BATH.

Sponging the body once or twice a day in fever, with cold water and vinegar, is exceedingly comforting to the restless patient and may be used with safety if the patient is not exposed to a current of air.

Are excellent to break up colds and fevers, but they should be used with great care.

Clysters or Injections.

CLYSTERS or injections are solutions thrown into the lower bowel, in order to act as purgatives, or astringents to check diarrhœa, or stop bleeding, or as nutrients; to nourish the patient in those exhausted conditions when food cannot be given by the mouth.

A PURGATIVE INJECTION.

Take of

Epsom salts, one ounce.
Sweet oil, two tablespoonfuls.
Starch water, one pint,
To be given when a purgative is required.

Common salt and molasses also make an excellent purgative injection; a tablespoonful of each in a pint of water, with or without the addition of a little soap.

AN ASTRINGENT INJECTION.

Take of

Subnitrate of bismuth, twenty grains.
Tincture of catechu, a teaspoonful.
Milk, a wineglassful.
For one injection, to be repeated in twelve hours.

Useful in checking the purging of consumption, fevers, etc.

Life can be prolonged and in many instances preserved by the persistent use of nutritive injections, when, in ailments like ulceration of the stomach, it is impossible to give food by the mouth, as it is at once rejected by the stomach. Nutritive injections are made of strong beef tea, milk, and eggs, cod-liver oil, and in extreme cases, of diluted brandy.

Cathartics or Purgatives.

CATHARTICS or purgatives are medicines which loosen the bowels. Those which act violently are called drastics, those which act mildly, aperients or laxatives.

Remarks in regard to their use. The habitual employment of purgatives is a practice productive of great injury, causing dyspepsia and many other troubles of the stomach and bowels. Purgatives should not be given so that their operation will interfere with the regular hours of rest. They should not be taken immediately after a full meal. The action of every purgative is followed by a greater or less amount of costiveness. This is especially true of rhubarb, least so of castor oil. In cases of great debility cathartics should be avoided.

EFFERVESCING CREAM OF TARTAR.

Take of

Cream of tartar,

Carbonate of soda, each three drachms.

Water, a tumblerful.

Put the whole into a stone jug or bottle, and attach the cork firmly. To be taken in the morning before eating.

MAGNESIA AND RHUBARB.

Take of

Magnesia, one ounce.

Rhubarb, two drachms and a half.

Powdered ginger, two scruples.

Mix and divide into eight powders. Take one or two in the evening, at bed-time, to obtain a laxative effect in the morning.

MAY APPLE, OR MANDRAKE.

Take of

Powdered resin of May apple (Podophyllin), one grain.

Powdered hyoscyamus leaves, eight grains.

Powdered ginger, twelve grains.

Mix and divide into four powders. One or two at bedtime in torpor of the liver and bilious disorders. A much better and safer pill than blue mass or other mercurials, so frequently employed indiscriminately in these cases.

JALAP AND CREAM OF TARTAR.

Take of

Powdered jalap, one drachm.

Cream of tartar, six drachms.

Mix and divide into six powders. Dose, one, in molasses.

CALCINED MAGNESIA.

Take of

Husbands' or Ellis' magnesia, thirty grains,

And dissolve it in a little milk or water for one dose. This is an excellent cooling laxative. Its operation is promoted by the drinking of lemonade.

RHUBARB AND EPSOM SALTS.

Take of

Powdered rhubarb, one drachm.
Epsom salts, one ounce.
Spirit of peppermint, two drops.
Water, a tumblerful.

One or two tablespoonfuls will produce a laxative effect.

SEIDLITZ POWDERS.

These are to be obtained of any druggist. Two powders are given together, a white and a blue one; each of which is to be dissolved, separately, in a tumbler one-third full of water, and the two solutions then mixed, and drank while foaming, in the morning, before breakfast. This is a very popular, gentle laxative, and well borne by the stomach when other medicines of the kind disagree.

PURGATIVE MINERAL WATER.

Take from a bottle of the *solution of the citrate of magnesia*, to be had of any druggist, a teacupful every two hours, until it operates. For a child five years old, a wineglassful is the proper dose. This preparation, which tastes like lemonade, is one of the most agreeable of laxatives.

Medical Remedies for Ailments of Every day Occurrence.

A CURE FOR RING-WORM TETTER AND SCALI HEAD.

MELT together eight ounces of lard, and two ounces of white wax, stir constantly until it cools, this forms the common ointment known as simple cerate, so much used for blisters and sores of every description. To one-eighth of a pound of sulphuric acid, add half pound of the simple cerate; triturate together and it will be ready for use.

Another remedy for Ring-worm.—Take one drachm sulphuric acid, and reduce it with twenty-five parts water, if still too strong add more water, use a camel's hair brush, and apply to the sore twice a day.

How to Cure Prairie or Seven year's Itch.—Take a bath of pure castile soap and water, and rub the parts affected with an ointment of iodide of sulphur. Or another good remedy, is to take simple sulphur ointment, and mix with it a small quantity of sub-carbonate of iron, use freely; at the same time, if the case is severe, resort to mild alterative.

To Cure Barber's Itch and Tetter.—Take saliva or (spittle) and dampen the eruption, and sprinkle over the ashes of a good segar, rub it in well. As simple as this treatment may seem, it has cured many severe cases.

Another Remedy for the Cure of Tetter.—To one quart of cold water, add one ounce of sulphuret of potash. Pour it into a bottle, cork tight, bathe the afflicted parts six or eight times a day, with a rag or sponge, dipped in the liquid.

A Cure for Salt Rheum.—Use plenty of castile soap and water, and wash the parts well, next paint with a solution of tincture of iodine. After it is dry, use a small quantity of citrine ointment. If the rash should make its appearance upon the face, neck or hands, make a solution composed of two scruples of sulphide of zinc, one drachm of corrosive sublimate, three drachms sal ammoniac, two drachms of salt and three ounces of sugar of lead, diluted with fifteen parts water; apply in connection with tincture of iodine, using one in the morning and one in the afternoon.

A Remedy for the various Eruptions of the Skin.—One-half ounce dulcamara (bitter-sweet) one-half ounce of mezereon bark, one-half ounce of sassafras bark, steep these in one quart of boiling water, let the whole mass boil slowly until reduced to one-half pint, strain, and put into it, one ounce of alcohol, and two pounds of sugar. A wineglassful twice a day. Pay strict attention to the diet for a few days or until the eruptions disappear.

Varnish of Glycerine for Eruptions of the Skin.—Take the yelk of four eggs and two ounces of glycerine, place in a vessel, and stir together until they are thoroughly mixed. Used as a varnish

to exclude the air from the skin. Excellent for burns, erysipelas and cutaneous effections,

How to Cure Bed Sores.—Should there be a profuse discharge from the sores, take a soft linen rag, and gently wash the afflicted parts with pure castile soap and water; then paint with collodion prepared in the following manner: mix ten ounces of ether, with three ounces alcohol, and add one-half ounce cotton freed from impurities. Place this mixture in a bottle, and shake now and then until dissolved. Apply it to the surface of the sores, and when it has become perfectly dry, take soft lint or wadding, and lay over the parts to exclude the air. Keep them thoroughly clean, by washing them in brandy and water, then apply elderberry leaves, changing several times a day. A poultice of rotten apples are sometimes of very great service. Take something at the same time to cleanse the blood.

How to Treat Ulcers.—The first thing to be done is to see that the ulcer is kept perfectly clean, and excluded from the atmosphere, wet occasionally with salt and water, and use upon it a salve composed of the following: Olive oil, one-half pint; bee's-wax, quarter ounce; common resin, quarter ounce; turpentine, one-eight ounce. Melt. Let the oil come almost to a boiling point, then gradually add one to two ounces powdered red lead, while on the fire; be careful not to let it burn, boil the whole together until it becomes a dark brown; take it from the fire and when nearly cold, add one-half

drachm powdered camphor. This is an excellent salve for bruises, scalds, fistulas and all other ulcers.

How to treat Ulcers of the Mouth.—A common ulcer of the mouth may be speedily cured by a wash of carbolic acid or permanganate of potassa; using one part acid or permanganate, to one hundred of water. Should the ulcer be of a syphilitic taint, an internal remedy will be needed. Use the wash several times a day.

How to treat Ulcers that are very Irritable and Tender.—Ulcers are generally painful and irritable, and sometimes very tender. In such cases, steam with some bitter infusion, and wash them now and then, with a wash of chamomile flowers, or wild cherry bark. Then apply a poultice of slippery elm, or flaxseed. Should the ulcer become very much inflamed, and assume a bluish appearance, use a wash of tincture of myrrh, diluted with water, and apply a poultice, composed of charcoal, yeast, slippery elm, and a small quantity of cayenne pepper. Keep it on as long as it can be endured; when removed use a dressing of cold cream or vaseline, if the ulcer is on an exposed surface. After maturity, keep it excluded from the atmosphere, until healed.

A Remedy for Felons.—Take one ounce of venice turpentine and stir into it half a teaspoonful of water, apply a coating of the varnish to the finger and wrap a cloth around it. In the early stages of the felon the pain will usually disappear.

Treatment of Carbuncles.—When a carbuncle makes its appearance, it shows debility, or great weakness of the system. It is a species of boil but larger and much more painful. In its first stages take Homœopathic belladonna, 3rd dilution, and arsenicum, 3d dilution, and drop 6 drops of each into a tumbler, half full of water; take alternately one teaspoonful every hour. Apply a poultice of slippery elm, or flax-seed, or one composed of the following:

Take the white of an egg, and beat it to a froth, and add one teaspoonful of gloss starch mixed with cream, keep it on as long as it can be borne. Carbuncles are very dangerous, and should be attended to at once.

To cure a Felon.—As soon as a person discovers that a felon has made its appearance, take the tincture of lobelia and wet a rag thoroughly and apply it to the sore, wrapping it well.

A simple cure for a Bone Felon.—As soon as the pain is felt, apply to the spot a blister of spanish fly the size of a ten cent piece, and let it remain on for about 5 hours, then take the point of a needle or lancet, and remove the felon.

How to treat Whitlow or Felon.—The inflammation in whitlow or felon is variable. The milder form generally yields to hot applications or poultices. The more aggravated form is accompanied by severe throbbing with much heat, redness, and swelling, an early incision with the lancet will prevent the bones from becoming affected. Bathe the

hand frequently in strong lye-water, and place the hand over hot steam every few minutes. A poultice of flax-seed or slippery elm with a little salt and brandy mixed with the poultice is excellent. When a white spot makes its appearance and the felon seems sufficiently ripe for probing, take a large needle and prick the spot so that the matter will escape, then apply a bread and milk poultice with plenty of castile soap mixed with it. After the discharge has ceased lay a linen cloth, saturated with Vaseline over the wound.

When there is a disposition in the constitution to the formation of boils, keep the bowels regular and take a good tonic, and bathe 2 or 3 times a week with rock salt and water.

The efficacy of Fine Clay as a Dressing.—Clay softened in water, and freed from all impurities, is one of the most simple and economical, as well as valuable applications which can be applied to a surface yielding a foul and moist discharge. A layer (previously moistened in water) is applied over the affected part, and as soon as it becomes dry, a second application is made, The clay rapidly absorbs the irritation and excludes the air. It is better to confine the clay in a linen rag, not too wet, to prevent the dirt of the clay when it dries.

Treatment of Sprains of the Wrist or Ankle.—Immediately after the accident, take a muslin bandage one and a half or two yards in length and several inches wide, wet it in cold water and bind

it around the injured part, frequently moisten the limb with cold water.

Remedy for a Sprained Back.—Rest as much as possible, and take twice a day, balsam of copaiba. Should there be much inflammation, resort to the use of cold water cloths. When the inflammation subsides, rub with a stimulating liniment. See that the bowels are kept regular.

Treatment for Sprains of the Muscles or Back.—To 12 ounces of soap liniment add 1 ounce of turpentine, and 2 drachms of laudanum, make a lotion and apply it to the back before a hot fire.

Artificial covering for Cuts.—Collodion applied with a brush, to a wound or cut, makes a perfectly artificial covering, which is preferable to adhesive plaster, and quickly heals.

How to treat Cuts.—Press the parts close together, and hold them in their places by adhesive plaster stretched across the wound, or by covering the cut with collodion.

How to treat Scratches.—If there should be inflammation wash them in cold water, press them together as closely as possible, and apply a bread and milk poultice, or one of slippery elm. Where no inflammation exists, place over the injured surface a diachylum plaster, or wrap a linen cloth around the scratch to protect it from the air.

A covering for Wounds which is said to be Water-proof.—This is simply a solution of white

unmanufactured gutta-percha bisulphuret of carbon. Applied to a wound, it instantly forms a water-proof and air-tight covering. Chloroform which is much more agreeable in its smell, may be used as the solvent, but is more expensive.

To treat Burns.—Numerous remedies are given for the treatment of burns, but the most universal remedy is linseed oil and lime water, equal parts, shake before using. This mixture is called carron oil, and should be kept in every house within easy access, with a large label affixed.

How Superficial Burns should be treated.—When a simple surface burn is obtained, place a layer of flour over it, and cover with cotton, to protect it from the air. Salt sprinkled upon the burn with a little butter spread over it, is a fine application.

A remedy for Burns and Scalds.--An excellent remedy, for burns and scalds is a preparation of flaxseed oil, vinegar and salt. It relieves pain and rapidly effects a cure.

Another remedy for Burns and Scalds.—Linseed oil, and white lead is one of the best applications which can be applied to a burn, or scald. In all cases, whether it is merely a surface burn, or the deeper structures are involved white, lead, rubbed up with linseed oil to a paste, and applied with a brush will give relief. Take internally sulphate of magnesia.

Treatment for a Sprain or Bruise.—Take worm-

wood and boil in vinegar, and apply hot. Bandage it thick enough to keep it from getting dry. This is a most excellent recipe.

How to cure Sprains.—One of the most essential things in the treatment of sprains, is rest. At the time of the accident use hot applications to prevent swelling. A lotion of arnica should be rubbed over the parts to ease the pain, always dilute the arnica, if the skin is broken use half arnica, and half water. On some persons arnica will produce inflammation, should any redness make its appearance after its use, discontinue at once. Keep the strain well supported by a firm bandage.

How to take out Splinters.—Splinters finding their way under the skin, frequently give great annoyance unless immediately extricated, as it soon produces inflammation which is nature's remedy for expelling it. If it cannot be taken out by a needle, a cloth dipped in hot water should be bound around the spot, or bathed thoroughly in hot water.

A Preparation of Cotton for Staunching Hemorrhage.—Take the best quality of cotton wadding, and cleanse, by boiling it for an hour, in soda and water; four cups of water to one ounce of soda, rinse a number of times, squeeze out and dry. After this, steep it once or twice in perchloride of iron, diluted in water. Squeeze out again, and dry in the air, in a shady place. Then pull it out, place it in a box and put it where it will keep dry, as it is affected by the damp.

In Hemhorrhages, how to distinguish whether the Blood is from the Stomach or Lungs.—Blood from the lungs may be distinguished from its appearance, and also by the manner in which it is expelled. The blood from the lungs is of a bright red color, and mixed with a frothy mucous. A short, tickling cough precedes the discharge, with a saltish taste in the mouth, great anxiety is felt, with oppression across the chest. Blood which comes from the stomach is of a dark color, and vomited in quantities.

Remedy for the Spitting of Blood.—Anything that increases the action of the heart, or tends to irritate the body should be avoided. Exercise in the open air is conducive to health, but should be taken in moderation. A little salt and water will often arrest the spitting of blood; 2 drops of laudanum, or 2 of elixir of vitriol, in half a glass of water is a good remedy.

To treat Bleeding from the Nose.—Bleeding from the nose is often the result of an impoverished state of the blood. It is of more serious importance when it happens to persons in middle life. When any one has an attack of bleeding from the nose, let him raise both his arms above his head and hold them in that position some time, and it will generally stop the flow. Should the bleeding be profuse, a strong solution of alum to the inside of the nostril with a plug of cotton may be essential. Improve the health by a nutritious diet and a good tonic composed of the following articles:

Syrup of orange peel 2 ounces, tincture of steel 1 drachm, diluted muriatic acid 1 drachm, infusion of calumba 7 ounces. Mix all together. Dose, 1 tablespoonful in a wine-glass of water before meals.

How to make Styptic Paper.—Take some paper and dip it in a solution made by boiling one pound of alum and one pound benzoin, in four gallons of water. Boil together several hours, skim the top and renew the water if needed.

Recipe for making Styptic Collodion.—Mix equal parts of collodion and chloride of iron. It is recommended in cases of erysipelas.

How to Staunch the Bleeding from Leeches.—Make a plug of cotton, the size of a small bean, press this plug of lint upon the wound, and hold it there for a quarter of an hour. Remove the finger, taking care not to remove the lint.

A Recipe for making a Styptic.—Carbonate of potash 1 drachm, castile soap 2 drachms, and alcohol 4 ounces; mix together. This preparation is better than the persulphate of iron in many cases.

The causes of Rheumatism.—Rheumatism is frequently the result of pure debility. In such cases a tonic course of treatment, and good nutritious food are our best remedies. When rheumatism becomes chronic, particular attention should be paid to the diet, bowels kept regular, and flannel clothing worn next the skin.

Rheumatic Remedy.—Steep the following articles

for several days in 1 quart of rye whiskey: 1 ounce wahoo root, 2 ounces black cohosh root, half ounce swamp hellebore; 1 ounce prickly ash bark, 1 ounce poke root, powdered. Take 1 teaspoonful three times a day.

A cure for Rheumatism.—An excellent remedy for the cure of rheumatism is to drink freely of lime water, or lemon juice. It is stated on good authority, that persistent use of the above acid for three or four days, refraining from any stimulating liquids, has cured some of the most severe cases.

An Infusion for Rheumatism.—Sarsaparilla in powder, 6 drachms, Virginia snake root 1 drachm, burdock seed 2 drachms, poke root 2 drachms, white pine bark 2 drachms, cayenne pepper half drachm. Powder the whole together and add 3 quarts of water. Let it simmer so that 2 quarts can be made from the decoction. A wine-glass 3 times a day.

A Remedy for Rheumatism.—Take a few potatoes and boil them in water, then sponge the parts affected, with the water as hot as can be borne, immediately befor retiring. Should the first application fail to relieve, renew it the next night.

A Cure for Rheumatism.—Golden seal half an ounce, black cohosh half an ounce, nerve powder half an ounce, and 1 pint rum. Mix. Take a dessert spoonful three times a day.

A simple cure for a Weak Back.—Take 1 pint alcohol and put into it a beef's gall, and bathe the back thoroughly.

A cure for Neuralgia.—Horse-radish grated and applied to the wrist of the affected side in cases of neuralgia, is said to be an excellent remedy.

Another treatment for Rheumatism.—A liniment composed of equal parts of chloroform, sweet oil, and spirits of hartshorn. Shake well and rub it on the painful spot several times a day.

Dr. Blood's Remedy for Neuralgia.—To 15 grains of sulphate of quinine add one and a half drachms of iodide of potassa, 1 ounce ginger syrup and two and a half ounces of water. A tablespoonful to be taken three times a day.

Nervines.

Nervines are *substances which relieve disorders of the nerves.* In order to cure nervousness you must restore the healthy action of the stomach. Exercise in the open air, careful attention to the diet. Eat generously but be careful not to overload the stomach with indigestible food, never drink any fluids during a meal, they can be taken 20 minutes before, or 20 minutes after, but not while eating. Walks in the open air should be taken daily, avoiding fatigue. Valerinate of Ammonia is of great service in nervousness, taken in teaspoonful doses two or three times a day. Assafœtida is another valuable remedy. Take assafœtida 1 drachm, water 3 ounces; 1 tablespoonful 3 times a day. But there is no remedy for nervous disorders of every description comparable to the use of electricity.

How to make Nerve Powder.—Take 1 ounce scull-cap, 1 ounce valerian, 1 ounce catnip, 1 drachm cayenne pepper, and half an ounce coriander seeds. Pulverize, and mix all together. Dose half a teaspoonful in a cup of boiling water, milk and sugar can be added if needed. This powder quiets the most irritable nerves without deadening their sensibility, and strengthens them.

A good Nerve Tincture.—Ammoniated tincture of valerian one ounce, compound tincture of bark one and a half ounces, compound tincture of aloes quarter ounce. Excellent in low spirits, weakness, and nervous irritability.

Excellent Nerve Mixture.—Compound tincture cardamon 1 ounce, mint water 6 ounces, oil of lavender 16 drops. liquid carbonate of ammonia 1 drachm. Mix. Take it in water 2 or 3 times a day a dessert spoonful at a dose.

An excellent remedy for Nervous Headaches.—Take 10 grains carbonate of ammonia, one and a half ounces of cinnamon water, half an ounce of syrup, and three drops of oil of lavender. Dose, tablespoonful when needed.

An excellent Nerve mixture.—Compound tincture cardamon, one ounce; mint water, six ounces; oil of lavender, sixteen drops; liquid, carbonate of ammonia, one drachm. Mix and take it in water, two or three times a day; a dessert spoonful at a dose.

A Pill for Nervousness.—Carbonate of ammonia,

one ounce; assafœtida, one ounce; extract of hops, one ounce; extract of valerian, twenty grains. Dissolve the ammonia and assafœtida over the fire and add the rest. Make it into pills. Take one twice a day, in case of extreme nervousness.

Cure for Fever and Ague.—Wild cherry tree bark, one ounce; peruvian bark, one ounce; cinnamon, half drachm; sulphur, quarter ounce; capsicum, one teaspoonful; port wine, one quart. Get the peruvian bark in substance and pulverize it, so as to be sure it is not adulterated. Take a tablespoonful two or three times a day until the chill is broken, then once a day until all is taken. This compound is said to be an infallable remedy in intermittent fevers, and fever and ague.

Another cure for Intermittent Fever and Ague.—Forty grains of sulphate of quinine, thirty grains of powdered liquorice, and ten grains of gum myrrh; make into sixty pills, take one pill for the first day every two hours, and one pill every four hours the second day.

Treatment for Spasms.—Acetate of morphia, one grain: camphor julep, four ounces; spirit of salvolatile and sulphuric ether, of each one ounce. Shake all together, be careful to keep it tightly corked, and in a cool place. Shake before using. Dose. A tablespoonful in a wineglassful of water.

A recipe for making Ague Pills.—Ten grains dover's powder; twenty grains of quinine, and ten grains sub-carbonate of iron. Mix these ingredients

with molasses or gum arabic into twenty-five pills. Dose. One every hour, commencing several hours before the chill comes on, for the first day, after which take one every night and morning.

In all cases where quinine is to be adminstered, give a dover's powder, or some slight cathartic to cleanse the bowels, and avoid taking cold.

A remedy for Coughs.—Irish moss, one ounce; pearl barley, one tablespoonful; white poppy pulverized, one ounce; tincture of lobelia, one ounce; water, two quarts, and one ounce of molasses. Place it on the fire and let it simmer down to one pint, then add while hot, half pound loaf sugar. Dose. A tablespoonful as often as needed.

Another remedy for Coughs.—Take half ounce of cubebs; hoarhound, one ounce; boneset, half ounce; comfrey root, half ounce. Boil together for four hours, adding one quart of water, and boiling down to one pint, then add one cup of molasses. Dose. One tablespoonful.

Remedy for a Cough.—A person affected with chronic catarrh, is frequently troubled with a cough in the morning caused by an accumulation of phlegm in the throat, it can instantly be relieved by a teaspoonful of the following: half ounce of muriate of ammonia; half ounce pulverized liquorice, then take a bottle holding about eight ounces, and put the mixture into it, filling it with hot water, and shake carefully, also shake before using.

Another remedy for a Cough.—Take a small

bunch of horehound; two or three tablespoonfuls of flaxseed. Let it boil to a jelly, then strain, then add half a pound of rock candy, or loaf sugar, more can be added if needed, and half a pound of honey. The best way for making this preparation is to make a tea of horehound and flaxseed, adding about one quart of water, then add the other articles. Use a small quantity of wine or brandy to keep it. Dose. A tablespoonful.

Syrups for Coughs and Bronchial affections.—Pulverized lobelia, quarter ounce; blood root, pulverized, two and half ounces; rock candy, quarter pound; water, one-half pint. Place it over a slow fire, and let it steep for two hours, when cool, add one dessert spoonful of paragoric elixir. Dose. One tablespoonful about twice a day.

A simple remedy for a Cold with a Cough.—Make an infusion of the pine tree, and sweeten with the best molasses. Take a draught, while warm upon retiring, and through the day take it cold. A wineglassful twice through the day.

A mixture for Catarrh.—Take powdered gum-arabic, two drachms; and powdered liquorice, two drachms; four ounces of hot water, put this mixture in a bottle, and add one drachm of spirit of nitrous ether, and two drachms of antimonial wine, tincture of opium, fifteen drops. Dose. A tablespoonful.

Simple remedy for Cold in the Head.—Take heartshorn or salts of ammonia, and inhale it every few minutes for a half hour.

How to treat Asthma—The fumes of burning clothing paper, which has been previously soaked in spirits of nitre and dried, sometimes give great relief, in some cases, a stimulant, as whisky or a cup of strong coffee will benefit, also apply a mustard plaster over the chest. A good recipe is half an ounce of powdered liquorice; half ounce aniseed; one teaspoonful of sulphur; quarter ounce of powdered elecampane root. Make this mass into pills, using a little tar. Dose, two pills upon retireing.

Treatment of Croup.—Saturate a piece of flannel with turpentine, and place it upon the throat, and in severe cases, one or two drops, in a little milk may be taken internally.

How to treat Quinsey, or Inflammation of the Tonsils.—This troublesome disease is usually brought on by exposure to cold, the symptoms are a slight fever, difficulty of swallowing, with pain, and swelling of the tonsils. If it is possible, remain in a warm room during an attack, and steam the throat with hot vinegar and hops, through an inhaler or through the spout of a tea-pot; or roast 3 or 4 large onions, peel them and then crush, place them in a muslin bag large enough to reach half way across the throat, apply them as hot as can be borne. Keep it on as long as any strength seems to be left in the onions, and then make another application. After removing the poultice, wear a flannel around the throat for a few days.

Remedy for Whooping Cough.—Carbonate of

potassa 1 scruple, dissolved in 6 ounces of water, sweeten it with a little sugar. Give to a child 5 years of age, 1 teaspoonful 3 times a day, just before meals.

Another remedy for Whooping Cough.—Take 1 drachm aqua ammonia, and 1 ounce spirits of wine, cochineal 1 grain. Give to a child, 2 years of age, 6 drops in water.

How to make a good Syrup for Whooping Cough.—Garlic 1 gill, onions 1 gill, put them in a covered dish, and stew them in 1 tablespoonful of sweet oil. Put them in a bag and press the juice out and add 1 gill of honey, paregoric half ounce, camphor one-eighth of an ounce. To a child three years of age give 1 teaspoonful three times a day, keeping the child in-doors as much as possible.

How to treat Diphtheria.—Make two bags about 7 inches long and 3 wide, fill them with salt and ashes, and wet them in hot water, being careful to squeeze them out tight and apply them to the throat, wrapping flannel around the throat to keep them warm. Change as often as they become cool and until the throat become irritated and inflamed. Then remove and apply cold. At the same time gargle with the following:

Hot water, 1 teacupful.
Cider vinegar, 1 gill.
Pepper, cayenne, quarter teaspoonful.
Salt, 1 teaspoonful.
Molasses, 1 teaspoonful.

Do not add the vinegar until cool, and gargle every 10 minutes until relief if obtained.

A good remedy for Diphtheria.—A good remedy for diphtheria is permanganate of potassa. The proportion used for external application is 1 drachm to a pint of water, for internal use add 1 pint more water. Dose, 1 teaspoonful.

Treatment of Diphtheria.—Cauterise the false membranes with lunar caustic and make injections against the fauces with a solution of common salt. Give internally chlorate of potassa, and make a local application of tincture of iodine.

A Specific for Diarrhœa.—

Blackberry juice, 1 quart.
White sugar, 1 pound.
Cloves, 1 tablespoonful.
Allspice, 1 tablespoonful.
Cinnamon, 1 tablespoonful.

Boil the above together fifteen minutes and add a wine-glass of brandy. Bottle while warm, cork and seal.

A wine-glassful for an adult and half dose for a child.

Cure for Cholera.—Combine equal parts of tincture of rhubarb, laudanum, and spirits of camphor. Take 30 drops on sugar, repeat the dose after each evacuation and increase the dose if necessary.

Remedy for Dysentery.—

Hot water, 1 gill.

Vinegar, a half pint.

Mix and add common salt as long as it will dissolve. Give to adult a tablespoonful until bloody discharges cease. Children half the above dose.

Remedy for Dropsy.—

Infusion of dandeloin, 8 ounces.
Carbonate of soda, 2 drachms.
Tartrate of potash, 3 drachms.
Tincture of rhubarb, 4 drachms.
Tincture of henbane, half ounce.
Mix, and give tablespoonful every 3 hours.

A good Liver Remedy.—

Fluid extract of rhubarb, half ounce.
Fluid extract of senna, half ounce.
Water, 4 ounces.

Mix, and add—

Fluid extract of Teraxacum, half ounce.
Acetate of potash, 3 drachms.
Compound tincture of gentian, half ounce.
Muriatic ether, 1 drachm.

Dose, tablespoonful 3 times a day for an adult. Half the above for children.

Recipe for making Vermifuge or Worm-mixture.—

Oil of turpentine, 1 drachm.
Oil of worm-seed, quarter ounce.
Pink root, quarter ounce.
Hydrastin, 5 grains.
Castor oil, three-quarters of an ounce.
Syrup of peppermint, quarter ounce.

Give to a child 6 years of age a teaspoonful half hour before meals.

The above is a good tonic and cathartic for grown persons.

Mixture for Diarrhœa or Cholera Morbus.—

Tincture of opium, 1 ounce.
Elixir of Rhubarb and Paregoric, 1 ounce.
Essence of peppermint, 10 drachms.
Tincture of capsicum, 6 drachms.

For adult give a teaspoonful in a wine-glass of water. Give a dose after each evacuation.

How to cure a Stiff Neck.—

Apply the following liniment.

Cayenne pepper, 1 ounce.
Table salt, 1 teaspoonful.
Alcohol, 1 ounce.
Spirits of turpentine, 4 ounces.
Camphor, quarter ounce.
Vinegar, 4 ounces.

Bottle, and let it stand one day, shaking it occasionally.

Take a mild aperient in connection with the above, such as the following :

Take senna leaves, 2 ounces.
Pulp of prunes, half pound.
Molasses, 1 pint.

Boil the above to the consistency of honey. unite the above with quarter of an ounce of flowers of sulphur, and take from 1 to 3 tablespoonfuls at bed-time.

Cure for Sick Headache.—Mix in half a glass of water one tablespoonful of finely powdered charcoal and take the same in two doses.

Treatment for painful Menstruation.—Apply mustard poultice, or flannel wrung out of hot water and spread over the lower part of back, or paint with tincture of iodine.

To cure Vomiting in Pregnancy.—
Carbonate of magnesia, 1 drachm.
Tincture of calumba, half ounce.
Peppermint water, 5 ounces.
Dose, tablespoonful twice a day.

Another cure for Vomiting in Pregnancy.—
Tincture of rhubarb, 2 ounces.
Compound tincture of gentian, 1 ounce.
Mix. Teaspoonful three times a day.

Dr. Blood's Specific for Dyspepsia.—
Bi-carbonate of soda, half ounce.
Aromatic spirits of ammonia, 2 drachms.
Tincture of henbane, 6 drachms.
Compound tincture gentian, 6 drachms.
Tincture of ginger, 2 drachms.
Cresote, 3 drops.
Ginger syrup, half ounce.
Water, 3 ounces.
Take tablespoonful after each meal.

Cure for Acidity of Stomach.—
Calumba, powdered, 10 grains.
Magnesia, 10 grains.

Mix together and take tablespoonful three times a day.

Another cure for acidity.—

Bi-carbonate of potash, 3 scruples.
Powdered rhubarb, 3 scruples.
Powdered peppermint, 3 scruples.
Aniseed, 1 ounce.

Add half a pint of water and steep for an hour, and when cool, add an ounce of brandy. Tablespoonful three times a day.

Leucorrhœa Injection.—

Alum, 6 drachms.
Sulphate of zinc, 4 drachms.
Water, 1 quart.
Mix and inject loo warm three times a day.

Gonorrhœa Injection.—

Sulphate of zinc, 15 grains.
Acetate of lead, 15 grains.
Rose water, mix and inject four times a day.

Treatment for Nocturnal emissions.—

Bromide of potassa, 25 grains.
White sugar, 25 grains.
Aromatic powder, 25 grains.

Mix into fourteen powders. Dose, one powder three times a day.

How to cure troublesome Urinating.—

Oil of turpentine, 1 scruple.
Extract of henbane, 12 scruples.
Soap, 12 scruples.
Divide into 12 pills, give one pill twice a day.

To cure Disease of the Kidneys.—

Pareira brava, 1 ounce.
Water, 3 pints.
Boil together, so that the above will make 1 pint.

Dose. 1 tablespoonful 3 times a day.

To cure Incontinence of Urine.—In aged persons take one drop of the tincture of iodine once a day, for one week.

A cure for Dropsy in Scarlatina.—

Extract of foxglove, 6 grains.
Acetate of potassa, 1 drachm.
Vinegar of squill 2 drachms.
Syrup of ginger, 6 drachms.
Water, 2 ounces.
Mix the whole together. Dose. 1 teaspoonful 3 times a day.

Treatment for Scarlet Fever.—

Chlorate of potassa, half ounce.
Hydrochloric acid, half ounce.
Spring water, half ounce.
Mix, and give six drops in a wine-glass of sweetened water every four hours.

Recipe for Intermittent Pills.—

White oxide of arsenic, 10 grains.
Muriate of ammonia, 1 drachm.
Gum opium, 6 grains.
Mix, and make into 70 pills. Dose, 1 pill 3 times a day.

Intermittent Fever Remedy.—

Tannin, 5 grains.
Sulphate of quinine, 12 grains.
Syrup of ginger, 1 ounce.
Water, half ounce.
Dose, 1 teaspoonful every 2 hours, in absence of the fever.

Cure for Sea-Sickness.—Camphorated spirits of sal-volatile and Hoffman anodyne, of each 3 drops. To be taken in a little water, after an attack.

Cure for Shortness of Breath.—

Spirits of ether, 1 ounce.
Camphor, 12 grains.
Mix, and take a teaspoonful during the paroxysm.

Another cure for Shortness of Breath.—

Liquorice, powdered, half ounce.
Powdered elecampane root, quarter ounce.
Aniseed, quarter ounce.
Flowers of sulphur, one-eighth ounce.
Pulverized sugar, 2 ounces.
Make all into pills using a small quantity of tar. Dose, 2 pills upon retiring.

To relieve Palpitation of the Heart.—

Plain soda-water or that prepared from effervescing soda powder will frequently give relief.

To cure Lockjaw.—

As soon as the attack commences take a small quantity of spirits of turpentine slightly warmed, and pour it on the wound, no matter where the

wound is situated or what the nature of it may be, and relief will follow in less than one minute. No better application can be made to a bruise or cut than cold turpentine.

Remedy for Cancer.—

Take some red clover tops, and make a tea by pouring boiling water over them and letting them steep some time. Apply it to the sore night and morning and drink a wine-glassful 4 times a day.

Cure for White Swelling.—

Oil of hemlock, half ounce.
Oil of sassafras, half ounce.
Gum Camphor, half ounce.
Tincture opium, 60 drops.

Dissolve, and bathe the affected parts frequently, and apply a bran poltice mixed with charcoal, salt, and cayenne pepper.

Remedy for Scrofula.—

Bichloride of gold, 30 drops.
Tincture of iodine, 30 drops.
Tincture gentian, 1 drachm.
Simple syrup, 7 drachms.
Rosewater, 5 ounces.

Give a dessert-spoonful 3 times a day in water, being careful to shake well before using.

A remedy for Scrofula.—

Aqua fortis, 1 ounce.

Drop into it 2 old-fashioned copper cents, when it ceases to ferment add vinegar, 2 ounces.

Wash the affected part with castile soap and water before using the mixture. Apply twice a day.

To relieve Night Sweats.—

Sulphate of quinine, 15 grain.
Essence of tansy, half ounce.
Alcohol, quarter ounce.
Water, quarter ounce.
Muriatic acid, 15 drops.
Dose, half a teaspoonful twice a day.

How to prevent Scarlet Fever.—Belladonna has been found to render persons unsusceptible to scarlet fever. Dose, 3 to 5 drops of the tincture in half glass water. Teaspoonful every half hour for four hours.

How to treat Measels.—In ordinary cases, to hasten the appearanee of the eruption, a small half teaspoonful of sulphur in milk may be given, and if much hoarsness be present of a croupy character, apply to the throat flannel wet in the following mixture: Salt, 1 teaspoonful, vinegar 1 teaspoonful, and a sprinkle of cayenne pepper. Should diarrhœa make its appearance, allow the child to eat nothing but burnt rice, boiled and taken with a little butter and salt. Keep as quiet as possible. Administer stimulants, a little at a time to support the strength and keep the temperature of the room as even as possible.

To avoid Perspiration.—

Water, 2 ounces.
Diluted sulphuric acid, 20 drops.

Compound spirits of lavender, 2 drachms.
Mix. Dose, a dessert spoonful twice a day.

Cure of Night-sweats in Consumption. —
Pulverized borax, 5 drachms.
Flowers of Sulphur, quarter ounce.
Sub-nitrate of bismuth, 1 half drachm .
Make into fifty powders, one to be given every 3 hours.

Another cure for Night-sweats.—
Phosphate of zinc, 1 drachm.
Taken several times a day in 30 drop doses.

Remedy for a Black Eye.—To remove discoloration from the eye take Solomon's seal. Wash the root and peel them, scrape, and apply to the eye in the form of a poultice. A tingling sensation will be felt, and as soon as the sensation passes off renew the application.

A lotion for Black Eye.—
Nitrate of potassa, 1 drachm.
Sal-ammoniac, 1 drachm.
Water, 3 ounces.
Vinegar, 4 drachms.
Keep the part bruised wet with the lotion by means of a bandage.

Lotion for Weak Eyes.—
Rock salt, half ounce.
Sulphate of zinc, half ounce.
Water, 3 pints.
Boil together until dissolved, then add rose water, 1 ounce.

Mix. One teaspoonful diluted with the same amount of water. Bathe the eyes frequently.

Lotion for Specks on the Eye.—

Oxymuriate of mercury, half grain,
Rose water, 4 ounces.
Mix. Valuable for removing the white specks which are frequently seen on the eye.

Lotion to allay Irritation in the Eye.—

Frequently bathe the eye with loo-warm milk and water, or rose water. A poultice of tea-leaves is a good remedy. Bathing the eye in salt and water; a tablespoonful of salt to half gallon of water is excellent.

Cure for Cataract.—

Extract of belladonna, 1 drachm.
Glycerine, 1 drachm.
Mix. Used for dilating the pupil of the eye, by anointing the eyebrow and temple.

A lotion for Inflamed Eyes.—

Extract of lead, 10 drops.
Distilled vinegar, 2 drachms.
Distilled water, 4 ounces.
Mix, and bathe the eyes occasionally.

Cure for Earache.—

Chloroform, half ounce.
Laudanum, half ounce.
Saturate a piece of cotton in the mixture and place it in the ear.

Another cure for Earache.—

Take a small piece of wool, make a hole in the centre, and fill with ground pepper, make a ball and tie it up. Dip it in sweet oil and place it in the ear.

Cure for temporary Deafness.—

Sassafras oil, 10 drops.
Glycerine, 1 drachm.
Olive oil, half ounce.
Mix, and drop into the ear every night.

Remedy for the Cure of Bites of Insects.—

Borax, 1 ounce.
Water, 1 pint.
Boil the water and allow it to cool before using. Mix, and wash the sore frequently. For the stings of bees or wasps use the borax double strength.

How to destroy the taste of Castor Oil.—

Beat the white of an egg with the castor oil until thoroughly mixed, pour into a wine-glass previously wet with liquor.

Cure for Bed Sores.—

Pulverized alum, 1 tablespoonful.
Whiskey, 1 teacupful.
Mix, and bathe the sores several times a day.

To cure Chapped Hands.—

Wash the hands in fine soap and scrub with Indian meal, and rinse, using in the last rinsing half a teaspoonful of glycerine.

Corn Remedy.—

Ivy-leaves dried and ground to fine powder

moistened with vinegar, sprinkle a little of the powder on the corn and wrap a rag around it.

To remove Soft Corns.—

Dip a small piece of cotton in turpentine and apply it to the corn night and morning and the corn will soon disappear.

Cure for itching feet from Frost Bites.—

Hydrochloric acid, 1 ounce.
Water, 8 ounces.
Mix. Bathe the feet three times a day.

To relieve Corns.—

Take a lemon, and cut a small piece of it and bind it on the corn. Do this several days in succession and you will find you can take a blunt knife and remove the corn.

To cure Soft Corn.—

Take a knife and cut away the thick skin from the corn, then apply a lint of friar's balsam. Tincture of arnica is also good.

To cure Blistered Feet after long walking.—

Rub the feet with alcohol and melted tallow after the walk.

A remedy for Chilblains.—

Collodion, 4 ounces.
Venice turpentine, 1 ounce.
Castor oil, 1 ounce.

Petroleum mixture for Chilblains.—

Take ordinary petroleum or common kerosene oil, and bathe the feet with it.

Chilblain Ointment.—

Olive oil, 10 ounces.
Turpentine, 2 ounces,
Yellow wax, 1 ounce.

Boil together, and while hot, add—

Balsam of Peru, two and a half ounces.
Camphor, 9 grains.
Spread on a soft rag, and apply to the parts.

Remedy for Toothache.—

Pulverized alum, 2 drachms.
Spirits of nitric ether, 7 drachms.
Mix, and apply to the tooth with a piece of lint.

An excellent Pain Destroyer.—

Laudanum, 1 drachm.
Gum camphor, 4 drachms.
Oil of Cloves, quarter drachm,
Oil of lavender, 1 drachm.
Alcohol, 1 ounce.
Sulphuric ether, 6 drachms.
Chloroform, 3 drachms.

Mix all together, and shake well. For toothache rub on the gum and upon the face.

Cure for the smell of Onions upon the Breath.—

Parsley moistened with vinegar and eaten, will destroy the smell of onions.

Remedy for Bad Breath.—

Hydrochloric acid, 5 drops.
Water, 3 gills.

Add a little lemon juice and sugar to sweeten. Dose, teaspoonful 3 times a day.

To cure a bad Breath.—

Liquor potassa, 1 ounce.
Chloride soda, 1 ounce.
Phosphate soda, 1 drachm.
Water, 3 ounces.
Mix. Dose, 1 teaspoonful after each meal.

To cure a bad breath caused by Constipation.—

Epsom salts, 4 drachms.
Tincture columba, 8 drachms.
Infusion of roses, 6 ounces.
Mix. Dose, a wineglassful every other day. Shake before using.

To remove the Prostrating effects of Excessive Drinking.—

Sulphate of quinine, 5 grains.
Aromatic sulphuric acid, 10 drops.
Compound tincture of cardamon, 2 drachms.
Compound tincture gentian, half ounce.
Ginger syrup, 1 half ounce.
Water, 2 ounces.
Mix and give one tablespoonful 3 times a day.

Treatment of Poisoning by Poison Ivy.—

Bathe the affected parts with pure water, and paint the spot two or three times with a brush dipped in tincture lobelia. Be careful and avoid bringing the lobelia in contact with any flesh wound.

Cure for Hydrophobia.—

Elecampane root, 1 ounce.
Milk, 1 pint.
Boiled together until reduced to half pint. To

be taken at a dose. Wait two days and then take another dose, this time using one-and-half ounces of the root to one pint of milk, third dose the same as the above, waiting two days again.

An excellent way of taking Senna.—

Senna, 1 drachm.

Water cold, 1 cup.

Let them remain over night and strain in the morning. Prepare coffee, the same as you would for breakfast, using the infusion instead of water.

The use of Citric Acid in after Pains.—

Citric acid, 5 grains.

Water, 3 ounces.

Mix. Dose to be given every five hours. This remedy acts as a nervine, and as a preventive of inflammation.

Cure for Suppressed Menstruation.—

Sulphate of iron, 1 scruple.

Powdered cloves, 6 grains.

Powdered aloes, 2 scruples.

Venice turpentine, sufficient to work into a mass, and make the whole into thirty pills. Dose, 1 pill 3 times a day after eating.

A remedy for Obstructed Menstruation.—

Ammonia liquor, 1 drachm.

Milk, 1 quart.

Use twice daily as an injection, commencing with a minute quantity of ammonia.

Cure for Dry Tetter.—

Borax, 15 grains.

Glycerine, 1 ounce.
Rose water, 2 ounces.
Oil rose, 8 drops.
Mix and apply externally every night.

A remedy for Kidney Difficulty.—
Bayberry, 1 ounce.
Queen of the Meadow, 1 ounce.
Peppermint, 1 ounce.
Tincture of nux vomica, 20 grains.
Mix, and add—
1 ounce collinsonia. Dose, 1 teaspoonful three hours after meals.

A remedy for Irritable Bladder.—
Buchu leaves, half ounce.
Water boiling, half pint.
Let this infusion steep for 3 hours. Dose, 2 tablespoonfuls twice a day.

Borax Cerate.—
Powdered borax, 1 drachm.
Spermaceti ointment, 1 ounce.
Mix together, stirring thoroughly if desired, 1 drop of otto of rose may be added.

Ointment for Neuralgia.—
Cyanide of potassium, 2 drachms.
Chloroform, 2 drachms.
Lard, 1 ounce.
Mix, and make into an ointment for external use.

Ointment for Wounds.—
Red precipitate, half ounce.

Sugar of lead, half ounce.
Burnt alum, 1 ounce.
White vitrol, half ounce.
Mutton tallow, half pound.

Pulverize the above and stir into the tallow. Stirring until cool.

Salve for Sore Nipples.—

Glycerine, half ounce.
Tannin, half ounce.
Rose water, half ounce.

Rubbed together and applied to the affected part.

Pile Salve.—

Powdered opium, half scruple.
Flowers of sulphur, 1 scruple.
Simple cerate, 1 ounce.

Ointment of Tannin for Piles.—

Tannin, 2 drachms.
Water, 2 drachms.

Mix together, and add lard one and a half drachms.

To prevent Ointment from becoming Rancid.—

Dissolve a small quantity of benzoic acid in fat by heat, or stir it into the lard when melted.

Salve for Burns.—

Yellow dock root and dandelion, equal parts, and half the quantity of celandine and plantine. Press out the liquid by squeezing with the hand, and simmer with sweet cream or mutton tallow. The above is an excellent healing ointment for sores and cuts.

How to make a good Itch Ointment.—

Chloride of lime, 1 drachm.
Alcohol, 2 drachms.
Rub together and add,
Sweet oil, half ounce.
Soft soap, 2 ounces.
Oil of lemon, half drachm.
Common salt, 1 ounce.
Sulphur, half ounce.
Mix perfectly.

Cure for Cutaneous Eruptions.—

Extract Henbane, half drachm.
Red precipitate, three-quarter drachm.
Fresh butter, one and a half ounce.
Yellow wax half drachm.
Powdered zinc, three-quarter drachms.
Melt all together and add camphor, three-quarter drachm, dissolved in sweet oil.

Salve for Salt Rheum.—

Aqua fortis, 1 ounce.
Quicksilver, 1 ounce.
After it has ceased fermenting rub into it lard, 1 pound.
Soap (previously dissolved) 1 ounce.
Chalk, 1 ounce.
Turpentine, 1 teaspoonful.
Put this compound into a vessel and beat all together.

To make Tar Cerate.—

Tar, half ounce.

Mutton suet, half ounce.

Melt together and stir until cold. Useful in scald-head and ring-worm.

Ointment for Sore Breasts.—

Spikenard, 1 pound.

Tobacco, 1 pound.

Comfrey, half pound.

Boil together in 3 quarts chamber lye until almost dry. Press out the juice, and add equal parts pitch and bees-wax, place the whole over a slow fire and steep until it becomes thick; set it aside to cool.

Lard Ointment.—

Lard, 2 pounds.

Rose-water, 2 ounces.

Melt and beat well together, add a little white wax if desired.

An excellent Salve for Wounds.—

Lard, 1 ounce.

White lead, 2 ounces.

Bees-wax, 2 ounces.

Black resin, 2 ounces.

Turpentine, 2 ounces.

Put this mixture into a dish and boil half an hour. This is a good remedy for all wounds.

A Recipe for Camphor Ointment.—

Powdered camphor, 1 ounce.

Lard, 2 ounces.

Mix. It is good to ripen indolent tumors.

Simple Ointment of White Wax.

White wax, 4 ounces.
Olive oil, six and a half ounces.
Melt together, and stir while cooling.

Ointment of Carbolic Acid.—

Lard, 5 ounces.
White wax, 2 and a half ounces.
Balsam of fir, half ounce.
Melt together, and when it commences to cool, add half ounce of carbolic acid. Used as a dressing to old sores, burns, &c.

Belladonna Ointment for Neuralgia.—

Belladonna extract, 3 drachms.
Opium powdered, quarter drachm.

Chloroform Cerate for Neuralgia.—

Chloroform, 1 drachm.
Spermaceti ointment, 1 ounce.
Salt, 1 teaspoonful.
Mix, and keep in a wide mouthed bottle.

Nitric Acid lotion.—

Dilute nitric acid, 2 drachms.
Water, 1 pint.
Mix. Useful for foul and fœtid ulcers.

Muriatic Acid lotion.—

Hydrochloric acid, 1 ounce.
Water, 19 ounces.
For unbroken chillblains.

Startin's Glycerine lotion.—

Trisintrate of bismuth, half drachm.

Tincture of fox-glove, half drachm.
Dilute nitric acid, 1 drachm.
Glycerine, 4 drachms.
Rose water, 4 ounces.
Place in a bottle and shake well before useing it. For skin diseases.

An excellent Arnica lotion for Bruises.—
Arnica flowers dried, 1 ounce.
Place in a bottle and cover them with boiling water and add alcohol, 1 pint.

A lotion for Burns.—
Glycerine, 1 ounce.
Gum arabic dissolved in water, 2 ounces.
Lime water, 7 ounces.
Mix. Good for chapped hands, burns, scalds, &c.

A wash of Muriate of Ammonia.—
Sal-ammoniac, 1 drachm.
Water, 1 pint.
Dissolve. Used as a wash for tender feet and swelled joints.

Carbolic Acid wash for Carbuncles.—
Carbolic acid in crystals, 5 drachms.
Water, 1 ounce.
Dissolve. For external use for ulcers.

How to make a good Camphor wash.—
Diluted diacetate of lead, 5 ounces.
Spirits of camphor, 2 drachms.
Mix, and shake well. Used in erysipelis, sprains, &c.

Lotion for Inflamed Surfaces.—

Tincture of myrrh, 1 drachm.
Tincture of camphor, 3 drachms.
Alcohol, 1 ounce.
Goulard's extract, 1 ounce.
Sulphate of morphia, half ounce.
Tincture of arnica, 2 ounces.
Water, 4 ounces
Mix.

Excellent remedy for Wounds.—

Camphor gum, 5 drachms, dissolved in half pint spirits of wine, add half pint of ox-gall and 60 drops of laudanum. Shake it well and bottle. Excellent for fresh wounds, cuts, bruises, &c.

Wash for Irritation of Skin.—

Glycerine, 1 ounce.
Water, 1 ounce.
Borax, half a teaspoonful.
Mix. This wash removes chaps from the face and hands.

A lotion for Disinfecting.—

Chloride of lime, 3 drachms.
Water, 1 pint.
Dissolve.

How to make Mercurial lotions.—

Calomel, half drachm.
Lime water, half pint,
Mix, and shake well. Valuable in all kinds of syphilitic sores.

An excellent lotion for Nervous Headaches.—

Sulphuric ether, 1 ounce.
Rose water, 3 ounces.
Alcohol, 1 ounce.
Solution of acetate of ammonia, 1 ounce.

LINIMENTS.

An external embrocation or Liniment.—

Alcohol, 1 quart.
Sweet oil, 1 ounce.
Oil of origanum, 2 ounces.
Turpentine, 1 ounce.
Gum camphor, 4 ounces.

This liniment is excellent for cuts in horses and cattle.

A Magic Liniment.—

Alcohol, 2 quarts.
Oil of sassafras, 1 ounce.
Hemlock, 1 ounce.
Tincture guaiacum, 1 ounce.
Tincture of Catechu, 1 ounce.
Spirits of turpentine, 1 ounce.
Balsam of fir, 1 ounce.
Chloroform, 1 ounce.

Used in rheumatism, headache, bruises, sprains, and neuralgia.

An excellent Liniment.

Sweet oil 1 pint.
Tincture of Arnica, 1 ounce.

Excellent for wounds, stiff joints, &c.

A Rheumatic Liniment.—

Oil of Hemlock, 1 ounce.
Camphor, 1 ounce.
Opium, 1 ounce.
Spirits of wine, 1 pint.

Mix. Used for quinsy, gout, inflamed breasts, and white swellings.

Liniment for Bruises.—

Olive oil, 1 ounce.
Chloroform, 1 ounce.
Spirits of ammonia, 1 ounce.
Acetate of morphia, 10 grains.

Excellent for any kind of sprain, bruise, or inflammation.

A compound Liniment.—

Tincture of capsicum, half ounce.
Chloroform, 1 ounce.
Laudanum, 1 ounce.
Spirits of camphor, 1 ounce.

Good for rheumatic pains and neuralgia.

Liniment for Skin Diseases.—

White castile soap, cut fine, 2 pounds.
Camphor, 5 ounces.
Oil of origanum, 2 ounces.
Oil of rosemary, 1 ounce.
Alcohol, 1 gallon.

Dissolve the above into a jug by the aid of hot water, and when cool, add 11 ounces of ammonia, then add,

Belladonna, 4 drachms.

Glycerine, 1 ounce.

Put into bottles, and cork tight. Useful for skin diseases and painful swellings.

One of the best Liniments known for wounds.—

Salpetre, 1 ounce.
Alcohol, 1 quart.
Gum camphor, 1 ounce.
Table-salt, 1 tablespoonful.
Use as soon as dissolved.

Liniment for Chillblains.—

Olive oil, half pint.
Spermaceti, three-quarter ounce.
Camphor, three-quarter ounce.
Balsam of Peru, half ounce.

Mix over a gentle heat, and then add three-quarters of an ounce of hydrochloric acid. Stir well until cold.

Horse Liniment.—

Origanum Oil, 2 ounces,
Oil of hemlock, 2 ounces.
Oil of spike, 2 ounces.
Sweet oil, 4 ounces.
Spirits of ammonia, 2 ounces.
Gum camphor, 2 ounces.
Spirits of turpentine, 2 ounces.
Alcohol, 2 ounces.

A good Nerve Liniment—

Oil of rosemary, 2 ounces.
Oil of hemlock, 2 ounces.

Oil of origanum, 2 ounces.
Oil of amber, 2 ounces.
Spirits of turpentine, 1 quart.
Linseed oil, 2 gallons.
Mix.

An excellent Horse Liniment.—
Ammonia water, 1 ounce.
Oil of spike, 1 ounce.
Oil of camphor, 2 ounces.
Tincture of opium, half ounce.
Oil of origanum, half ounce.
Spirits of turpentine, 1 ounce.
Olive oil, 2 ounces.
Mix together.

An embrocation for a Weak Back.
Petroleum, 2 ounces.
Ammonia water, 1 ounce.
Brandy, 1 ounce.
Mix, and apply with the hand.

Volatile Liniment.—
Aqua ammonia, 1 ounce.
Sulphuric ether, 1 ounce.
Alcohol, 1 ounce.
Mix. An excellent instantaneous pain cure.

Liniment for Chillblains.—
Balsam of peru, half drachm.
Laudanum, 2 drachms.
Muriatic ether, 2 drachms.
Mix. Used externally.

Iodine Solution.—

Iodine, quarter ounce.
Iodide of potassium, half ounce.
Water, 10 ounces.

Liniment for Sore Nipples.—

Powdered gum arabic, half drachm.
Chlorate of soda, 10 grains.
Tincture of myrrh, 1 drachm.
Mix. Use as a wash.

An excellent Liniment for Inflammations.—

Alcohol, 2 ounces.
Tincture of arnica, 2 ounces.
British oil, 2 ounces.
Oil of tar, 2 ounces.
Mix, and slowly add sulphuric acid, half ounce. Used as a liniment where there is much inflammation.

A Liniment extensively used for Rheumatism.—

Alcohol, 1 gill.
Beef's gall, 1 gill.
Turpentine, 1 gill.
Sweet oil, 1 gill.
Gum camphor, 4 ounces.
Put in a bottle and shake well and add spirits of ammonia 1 ounce, table-salt half ounce. Useful also for frost bites.

Liniment for Neuralgia.—

Extract of belladonna, 3 grains.
Oil of turpentine, quarter ounce.

Tincture of opium, half ounce.
Olive oil, half ounce.
Ammonia water, 3 ounces.
Mix, and apply when needed.

Another Neuralgia Liniment.
Chloroform, 1 ounce.
Camphor, one and a half ounces.
Oil of Cajeput, 2 drachms.
Veratrim, 12 grains.
Tincture of aconite root, half ounce.

An excellent Pile Liniment.—
Melt lard, half pound.
And stir into the melted fat 1 ounce muriatic acid, and 1 ounce oil of turpentine, half ounce tincture opium, 1 drachm of camphor. When cool it is ready for use; rub well the affected parts.

How to Make Poultices.

A good recipe for a Linseed Poultice.—
Water, half pint.
Powdered linseed, 4 ounces.
Sprinkle the powder into the water with the hand, and stir well with a spoon. An excellent poultice for all kinds of inflammation.

A Poultice for Bruises, Black Eyes, &c.,—
Soak bread in vinegar, and apply cold.

A Poultice for the Gout.—
Balm of mecca, 6 drachms.
Alcohol, 16 ounces.

Mix. Agitate for 48 hours.

Cinchona bark, 1 ounce.

Sarsparilla, 1 ounce,

Sage, 1 ounce.

Saffron, half ounce.

Alcohol, 32 ounces.

Filter, and mix with the solution of mecca, and add twice their weight in lime water. Sprinkle half a cupful upon the surface of a hot linseed poultice, and apply to the effected part.

How to make an Alum Poultice.—

Powdered alum, 1 drachm.

And the white of 2 eggs. Shake together. Used for sore nipples, chronic inflammation of the eye, &c.

A recipe for making Yeast Poultice.—

Take milk luke-warm, 1 pint.

Yeast, 1 gill.

Thicken with slippery elm bark. This is a good antiseptic poultice, also good in various inflammations.

Mustard Poultice.—

Take best mustard, mixed with vinegar, and spread it on a piece of tarleton or muslin. Wet the parts first with vinegar, and apply the poultice hot to the affected parts.

An External Application for a Fester.—

Boil bread in 8 ounces of strong beer. Apply to the affected part. This is excellent for grangrene and mortification.

A Poultice for Sprains and Bruises.—

Vinegar, 2 pints.

Carbonate of ammonia, 2 ounces.

Alcohol, 3 pints.

Mix the ammonia and vinegar together, when the fermentation ceases, add the alcohol. For inflammation of the joints, mix with aniseed meal, and apply a poultice twice a day. It is also excellent for all kinds of injuries.

Soap Poultice for Scalds and Burns.—

Sliced white soap, 1 ounce.

Boiling water, quarter pint.

Mix with sufficient bread to make a poultice.

A recipe for Lobelia Poultice.—

Slippery elm, 1 ounce.

Linseed meal, half ounce.

Powdered lobelia, one and a half ounce.

Ginger, 1 ounce.

Mix with whiskey. Valuable for the pain in pleurisy, liver, complaint rheumatism, &c.

An excellent Hemlock Poultice.—

Linseed meal, 4 and a half ounces.

Pour over it half a pint of boiling water. When thickened, spread on a cloth and sprinkle upon the surface of the poultice, 1 ounce of hemlock, softened with hot water. Useful for application in tumors, cancerous and syphilitic sores.

Poultice for Gout.—

Boiled carrots bruised, 1 ounce.

Butter, half ounce.
Flour, 1 ounce.
Mix with sufficient flour to form a paste.

Poultice of Indian Turnip.—

Take of the root of an indian turnip a couple of handfuls, and add slippery elm bark, sufficient to form a paste. Used in the treatment of scrofula, in preference to any other poultice.

Poultice for Inflammation of the Eyes.—

Boil several white potatoes until soft, mash them, and then mix equal parts of slippery elm bark powdered, if too thick, add a little water. Apply to the affected part hot.

Hop Poultice.—

Hops dried, 1 handful.
Life everlasting dried, 1 handful.
Vinegar, 1 teaspoonful.
Boil altogether, and thicken with indian meal. To be applied warm.

PLASTERS.

How to prevent plasters from adhering to paper.—

Dust the paper or cloth over with French chalk, or take a piece of paper and moisten with olive oil and wipe dry and lay it over the plaster.

A good Strengthening Plaster.—

Litharge plaster, 20 ounces.
White resin, 6 ounces.
Yellow wax, 2 ounces.
Olive oil, 2 ounces.
Red oxide of iron, 6 ounces.

Rub the oxide with the oil and add the remainder melted, and mix the whole together. Valuable for relaxation of the muscles, and weakness of the joints. Spread the plaster on leather and cut into strips 2 inches wide and bind around the joints.

A good Plaster for Pains.—

Melt an ounce of adhesive plaster and while cooling add a drachm of powdered opium and the same amount of camphor (dissolved in olive oil).

Spread on leather, excellent for rheumatic pains.

A recipe for an excellent Mustard Plaster.—

Take a small quantity of black mustard seed and bruise with a rolling pin or pestle and mortar to a coarse powder. Then take a piece of linen or muslin and spread over it a thin solution of gum arabic, and sprinkle the powder over it, then put it away to dry. When needed a plaster can be cut of any size and moistened with tepid water, and it is ready for use.

A Plaster for Cancer.—

White oak bark bruised, 4 ounces, add urine to cover it, let it steep for 4 days, then place it over the fire and let it boil until it becomes thick. Add turpentine gum 2 ounces. Honey, 2 ounces.

Spread on soft linen; if a caustic is necessary for the wound, add white vitriol, 2 drachms. This is good for white swellings and all kinds of ulcers.

A Plaster of Burgundy Pitch.—

Burgundy pitch, 2 pounds.

Prepared frankincense, 1 pound.
Yellow resin, 4 ounces.
Bees-wax, 4 ounces.
Oil of nutmeg, 1 ounce.

Mix, and stir until the proper thickness is obtained, spread as above.

Recipe for Cantharides Plaster.—

Venice turpentine, four and a half ounces.
Burgundy pitch, 3 ounces.
Cantharides, 3 ounces.
Bees-wax, 1 ounce.
Finely powdered verdigris, half ounce.
Powdered mustard, 2 drachms.
Black pepper, 2 drachms.
Mix by a gentle heat.

An excellent Cough Plaster.—

Castile soap, one ounce.
Lead plaster, 2 drachms.
Sal-ammoniac, 1 drachm.

Melt the soap and lead plaster together, and add the ammonia when nearly cold. Apply the plaster upon the chest immediately after it is spread, and renew it in about 18 hours. Valuable in whooping-cough and asthma.

An excellent Counter-irritant.—

Tar, 1 pound.
Burgundy pitch, half ounce.
White pine turpentine, 1 ounce.
Resin, 2 ounces.
Powdered mandrake root, 1 ounce.

Blood root, 1 ounce.
Poke root, 1 ounce.
Indian turnip, 1 ounce.

Boil the tar, pitch, and turpentine together, and stir the remainder into the melted mass while hot. This plaster renewed daily is a valuable irritating plaster.

A Recipe for making Court Plaster.—

Bruise a small quantity of isinglass, and let it soak over night. Place it over the fire and let it remain until the greater part of the water has evaporated, then add alcohol sufficient that when the mixture cools it will form a jelly, next take a piece of black or flesh-colored silk, adhere it firmly to a board and paint the surface of the silk with the jelly, using it while warm; as soon as the first coating becomes dry renew the application, and if needed a third, and when dry, cover it with 2 or 3 layers of balsam of peru.

Gargles.

Wash for Ulcerated Sore Throat.—

Peruvian bark, half pint.
Sulphate of zinc, 1 drachm.
Water, half pint.
Mix. To be used frequently.

Another wash for Sore Throat.—

Vinegar, 3 teaspoonfuls.
Honey, 2 teaspoonfuls.
Tincture of myrrh, 2 teaspoonfuls.

Port wine, 1 glass.
Water, 1 pint.
Mix. Gargle 4 times a day.

Gargle for Mortification.—
Tincture of cayenne pepper, 6 drachms.
Infusion of roses, 3 drachms.
Honey of roses, 3 drachms.
Mix.

Another Gargle for Mortification.—
Peruvian bark, 5 ounces.
Capsicum, 6 drachms.
Port wine, 3 ounces.
Mix. Use frequently.

Simple Gargle for Sore Throat.—
Strong sage tea, 1 pint.
Chlorate of potassa, 1 teaspoonful.
Honey, 2 tablespoonfuls.
Mix, and shake before using. Good in inflamed and ulcerated sore throats.

An excellent Gargle for Sore Throat.—
Sage tea, 1 pint.
Honey, 1 tablespoonful.
Salt, 1 tablespoonful.
Vinegar, 1 tablespoonful.
Cayenne pepper, 1 tablespoonful.
Mix, and bottle for use.

Carbolic acid Wash for Diptheria.—
Carbolic acid, 20 minims.

Acetic acid, half drachm.
Tincture myrrh, 2 drachms.
Honey, 2 ounces.
Water, 6 ounces.
Shake the carbolic and acetic acid together before adding the other ingredients.

An Iodine Wash for Lucorrhœa.—
Tincture of iodine, 45 drops.
Carbolic acid, 6 drops.
Glycerine, 1 ounce.
Water, 5 ounces.
This solution will not soil the linen in using. Mix, and use half a tablespoonful in water as an injection.

Remedy for Ulcerated Gums.—
Hypochloride of lime, 10 grains.
Mucilage of gum arabic, one and a half drachms.
Syrup of orange peel, 2 and a half drachms.
Mix thoroughly. To be applied to ulcerated gums with a camel's hair brush.

Gargle for threatened Mortification of the Throat.
Honey of roses, 3 drachms.
Tincture of capsicum, 6 drachms,
Tincture of myrrh, 6 drachms.
Decoction of sage, 1 teacupful.
Mix. Gargle frequently.

A Gargle for Inflamed Throats.—
Mucilage of gum arabic, 7 ounces.
Tincture of myrrh, 3 drachms.

Mix. This gargle is good when the saliva is of an acrid character.

Compound for a Cough or Cold.—

Put one teacupful of flaxseed to soak, and let it remain over night. In the morning put the following ingredients in a vessel with 2 quarts of water: one handful of licorice root split; quarter of good raisins cut in pieces. Boil until the strength is thoroughly extracted, then add the flaxseed, and boil again for half an hour, being careful that it does not burn. Strain, and add lemon juice, and sweeten to taste. Let it cool and take a tablespoonful several times through the day, and a teaspoonful upon resting.

Tea for Cold on the Chest.—

Marsh mallow root, 4 ounces.
Licorice root, 1 and a half ounces.
Orris root, half ounce.
Colt's foot leaves, 1 ounce.
Red poppy flowers, 1 ounce.
Mullein flowers, 1 ounce.
Aniseed cut up small, and mix together.
Dose, wine-glassful.

A good Cough Syrup.--

Precipitated sulphuret of antimony, 4 scruples.
Anise, 4 scruples.
Gum arabic, 8 ounces.
Extract of licorice, 2 ounces.
Opium, 6 grains.
Teaspoonful at a dose

Sugar, 2 pounds.

Mix. Dose, a teaspoonful twice a day. This remedy is good for catarrh, and bronchial affections,

Syrup for Hoarseness.—

Gum arabic, 15 drachms.
Syrup tolu, 5 drachms.
Maiden hair, 5 drachms.
Nitrate of potassa, 1 grain.
Cherry laurel water, 1 drachm.

Dose, a tablespoonful to be taken in sweet balm tea.

Tincture for Coughs.—

Oil of caraway, 2 drachms.
Oil of aniseed, 2 drachms.
Saffron, half ounce.
Benzoic acid, 3 quarter ounce.
Opium, 5 drachms.
Champhor, half ounce.
Alcohol, 6 ounces.
Honey, 6 ounces.

Mix. Dose, a teaspoonful 3 times a day.

Syrup for Whooping Cough.

Onions sliced, 1 gill.
Garlic sliced, 1 gill.

Stew together in one gill of sweet oil, covering the dish to retain the juices. Strain, and add honey one gill; paregoric half ounce; spirits camphor, half ounce. Bottle and cork tight. Dose for a child 3 years of age, one teaspoonful 3 or 4 times a day, or whenever the cough is troublesome.

An excellent Vermifuge.—

Santonin, 16 grains.

Senna, 1 ounce.

Pink root, 1 ounce.

Mix. Dose for a child 3 years old, one teaspoonful every night. This is good to expel stomach worms from childhood.

Worm Confections.—

Rub to a fine powder, chloride of mercury, one drachm.

Sugar, 10 drachms.

Then add sugar, 25 drachms.

Santonin, 6 drachms.

Mix together and make 400 lozenges.

Vermifuge Mixture.

Tin fillings, 1 ounce.

Worm seed, 1 ounce.

Resinous extract of jalap, 1 drachm.

Fern root, 3 quarter ounce.

Sulphate of potassa, 1 drachm.

Honey to form a syrup. Dose, a teaspoonful.

Carminatives.

Carminative Drops.—

Oil of caraway, 10 drops.

Oil of peppermint, 10 drops.

Oil of fennel, 10 drops.

Rub them together with ten ounces of white sugar and five ounces of carbonate of magnesia, then add one and a half drachms of sal-tartar, and half ounce of laudanum. Mix with three and a

half pints of water. Dose, 1 teaspoonful when needed. Useful for flatulency and spasmodic pains.

Carminative Drops for expelling Wind from the Stomach.—

Angelica, 1 ounce.
Ladies slipper, half ounce.
Anise, half ounce.
Catnip flowers, half ounce.
Sweet flag, one-eight ounce.
Fennel seed, quarter ounce.
Pleurisy root, 1 ounce.
Motherwort. half ounce.

Steep in 1 plnt of alcohol 3 or 4 days. Shake and keep in a warm place, then add water, 1 pint; capsicum, 1 teaspoonful. Dose, 1 teaspoonful.

DIAPHORETICS.

An excellent Drink in Fevers.—

Lemon juice, 1 ounce.
Balm leaves, 1 ounce.
Sugar, 1 teaspoonful.

Steep in one pint of water for 15 minutes. Valuable in colds and fevers.

Another good Drink in Fevers.—

Balm, 1 ounce.
Elder flowers, 1 ounce.
Marsh mallow, 1 ounce.
Spearmint, 1 ounce.
Arnica flowers, quarter ounce.
Aniseed, half ounce.
Infuse in boiling water.

Tea of Boneset.—

Boneset, 1 ounce.

Pour over 1 pint of boiling water, let it steep 40 minutes. Dose, 1 winegassful upon retiring

Diuretic Pills.—

Calcined magnesia, 1 drachm.
Copaiba, 2 ounces.
Extract of cubebs, 1 ounce.
Oil of juniper, 6 drops.
Oil of turpentine, 4 drops.

Form into pills of 2 grains. Dose, 1 or 2 three times a day. Valuable for diseases of the bladder and kidneys, gravel, whites and venereal complaints.

Diuretic Specific.—

Sweets spirits of nitre, 2 ounces.
Oil of cubebs, one and a half drachms.
Balsam of copaiba, 2 ounces.
Oil of turpentine, 1 drachm.
Oil of Cinnamon, 20 drops.
Gum arabic mucilage, 3 ounces.

Mix, and take 30 drops 3 times a day. Useful for kidney and bladder difficulty.

Infusion for Gravel and Bladder Difficulties.—

Parsley seeds, quarter ounce.
Burdock seeds, three-quarter ounce.
Cleavers, three-quarter ounce.
Spearmint, half ounce.
Coolwort, three-quarter ounce.
Linseed, half ounce.
Gum arabic, quarter ounce.

Place the above in a vessel, and pour upon them 2 quarts of boiling water. Cover, and let them steep from 3 to 4 hours, then strain and add 1 pint of gin; 4 ounces of honey, and a half ounce of slippery elm. Good in all urnirary affections. Dose, 1 teaspoonful.

Remedy for Kidney Complaints.—

Balsam copaiba, 1 ounce.
Spirits turpentine, 1 ounce.
Sweet spirits of nitre, 2 ounces.
Queen of the meadow, 1 ounce.
Tincture of kino, half ounce.

Mix, and add 1 scruple of camphor. Dose, half teaspoonful taken in mucilage. A sovereign remedy for scalding urine, inflammation of the kidneys, &c.

Juniper Compound.—

Bruised juniper berries, 7 ounces.
Bruised caraway, 2 ounces.
Bruised fennel, 2 ounces
Water, 1 quart.
Distil to 1 gallon.

Copaiba Mixture—

Copaiba, half ounce.
Acaica powdered, 2 drachms.
Sugar, 1 drachm.
Sweet spirits of nitre, half ounce.
Compound spirits lavender, 2 drachms.
Water, 1 ounce.
Opium, 1 drachm.
Dose, a tablespoonful. Useful in gonorrhœa.

Henbane Necklaces.—

Beads made from the root of henbane, and use as a necklace, will allay the pain of teething.

TONICS.

An Excellent Nerve Tonic.—

Take sulphate of quinine, half drachm.
Ginger syrup, 1 ounce.
Compound tincture Cardamon, 2 drachms.
Tannin, 6 grains.
Valerian extract, 6 drachms.
Mix. Dose, 1 teaspoonful, 4 times a day.

Aromatic Tonic.—

Powdered pale cinchona bark, 1 ounce.
Bruised cloves, 2 drachms.
Powdered columba root, 3 drachms.
Iron filings, half ounce.
Peppermint water, 16 ounces.

Place all together in a close vessel, and macerate for 3 days, shaking frequently; then add 3 drachms tincture of orange peel, and 3 ounces of tincture of cardamon. Dose, 1 table-spoonful 3 times a day.

Tonic Elixir.—

Orange peel, 1 ounce.
Rhubarb-root, 1 ounce.
Fennel seed, 1 ounce.

Digest with 1 pint of brandy. Dose, a table-spoonful 3 times a day, after each meal.

Beef Tea Tonic.—

Chop fine 1 pound lean beef, pour over it half

pint of luke-warm water, place it in a wide-mouthed bottle, and let it boil vigorously for a half hour, then strain again ; pour over the undissolved portion 1 pint of water, and let it boil for another half hour and strain, mix the juice with the above liquid and bottle. Add salt and pepper, being careful to keep the bottle well corked.

A Good Tonic for Weak Digestion.—

Bitter orange, sliced, 1 ounce.
Virginia snake-root, half ounce.
Gentian, 2 ounces.

Bruise, and macerate for several days in 1 pint of brandy, and add 1 pint of water. Used for indigestion, flatulency, &c. Dose, 2 table-spoonfuls twice a day.

Columbo Tonic.—

Columbo, 1 drachm.
Boiling water, half pint.

Let it steep for 5 hours and strain, then add a half ounce of cinnamon. Dose, 1 wine-glassful 2 or 3 times a day. This makes an excellent tonic.

An Excellent Tonic of Orange Peel.—

Chamomile flowers, 1 ounce.
Ginger, 1 ounce.
Boiling water, 1 pint.

Infuse together, and add 2 ounces of brandy. Dose, 1 table-spoonful.

Stomachic Bitters.—

Balmony bark, 1 pint.
Poplar bark, 5 ounces.

Boil together in water, 6 gallons, and let it simmer until 2 and a half gallons remain, then add 3 and a half pounds of sugar, and nerve powder 2 and a half ounces, while hot, strain, and add Malaga wine, 3 and a half gallons, meadow fern, 1 quart. Dose, 1 table-spoonful twice a day. These bitters are excellent, giving tone to the digestive organs.

Peruvian Bark Decoction.—

Bruised red, Peruvian bark, 1 ounce.

Water, 1 pint.

Assafoetida, 1 drachm.

Place in a covered vessel and boil 10 minutes, strain. Dose, 1 table-spoonful.

BALSAMS.

Horehound Balsam.—

Extract of horehound, 2 ounces.

Extract licorice, 2 ounces.

Water, half pint.

Dissolve, and add, when cold, three-quarter pint paregoric, 10 ounces honey, 6 ounces oxymel of squills, 2 ounces benzoin, mix, and strain. Dose, 1 teaspoonful.

Glycerine Balsam.—

White wax, 1 ounce.

Oil of almonds (sweet), 9 ounces.

Spermaceti, 2 ounces.

Melt together by a gentle heat, and add 3 ounces glycerine, balsam of Peru half ounce, and stir until cool. If desired, a little ottar of roses may be added.

Another Balsam of Horehound.—

Herb of horehound, 3 and a half pounds.

Water, 8 pints.

Licorice root, 3 and a half pounds.

Steep for 12 hours, then strain, making 6 pints of the whole, then add 10 drachms of camphor.

Opium, 1 ounce.

Benzoin, 1 ounce.

Squills, dried, 2 ounces.

Oil of aniseed, 1 ounce.

Alcohol, 12 pints.

Infuse for 1 week, and then add honey, 3 and a half pounds, mix and strain.

A Recipe for Nerve Balsam.—

Oil of mace, 4 ounces.

Beef marrow, 4 ounces.

Melt toxether and dissolve in 4 ounces of alcohol.

Rosemary, 2 drachms.

Balsam of tolu, 2 drachms.

Oil of cloves, 1 drachm.

Oil of camphor, 1 drachm.

Then mix all together. This is a valuable remedy in rheumatism.

Balsam to Relieve Pain.—

Opium crude, 2 drachms.

Alcohol, 9 ounces.

Steep them together for three days and strain, and add 3 drachms of camphor. This balsam is excellent for rhuematism. Apply with the hand near the fire.

Balsam of Copaiba.

Yellow resin, 1 pound.
Powdered gum benzoin, 2 ounces.
Canada balsam, half ounce.
Castor oil, 1 quart.
Oil of savin, half ounce.
Oil of juniper, half ounce.
Essence of lemon, 4 drachms.
Essence of orange, 2 drachms.

Dissolve the resin and gum benzoin together by a gentle heat, and add a little castor oil. Mix, and add the rest of the ingredients. Good for kidney complaints.

Balsam of Tolu.—

Orange shellac, 1 pound.
Gum benzoin, 1 pound.
Alcohol, 5 gallons.

Dissolve in a closed vehicle, filter and distil off the spirit until the proper consistence, and then add 3 drops of cassia, and 4 drops of oil of nutmeg. For diseases of the throat.

Nervine Balsam.—

Oil of mace, 4 ounces.
Prepared ox-marrow, 4 ounces.
Oil of rosemary, 2 drachms.
Camphor, 1 drachm.
Balsam of tolu, 2 drachms.

Dissolve the balsam and camphor in 4 drachms of alcohol, and add the other ingredients. Stirring until cold. For nervous affections.

A Balsam for Cuts and Bruises.—

Powdered gum benzoin, 6 ounces.
Gum storax, 2 ounces.
Balsam of tolu, 3 ounces.
Gum myrrh, 2 ounces.
Frankincense, 2 ounces.
Powdered aloes, 2 ounces.
Alcohol, 1 gallon.

Mix them all together, and put them in a vessel and give them a gentle heat, for three or four days. It may also be taken internally. Dose, 30 or 40 drops, taken on a little sugar, for wind or pain in the stomach. And in old age, when a stimulant is needed, cannot be surpassed. Also for external use in wounds, and every variety of sores.

Balsam for Coughs and Colds.—

Tincture tolu, 2 ounces.
Compound tincture of benzoin, 2 ounces.
Alcohol, 4 ounces.

Mix. Given in teaspoonful doses for coughs when needed.

Hot Fomentations.—

Hot fomentations are very simple yet very useful remedies for allaying pain, relaxing and removing spasms, and relieving irritation. Cloths dipped in hot water, and wrung out and applied, in cases of cramps, are sometimes of great service, but in some instances it is better to employ substances possessing medical properties. Always use two flannels in making hot applications, two or three yards in

length, sewed together, while one is applied get the other ready.

Arnica Fomentations.—

Arnica flowers, 2 ounces.
Rue leaves, 1 ounce.
Boiling water sufficient to make 6 ounces after infusing one hour. Used in bruises especially in black eyes.

Simple Fomentations.—

Dried mallows, 1 ounce.
Chamomile flowers, half ounce.
Water, 1 pint.
Boil one half hour and then strain.

Strenghtening Application.

White-oak bark, 1 ounce.
Alum, 3 drachms.
Mix. This is a powerful astringent, when applied to weak parts.

An excellent Stimulating Fomentation.—

Capsicum, 3 ounces.
Mustard seed bruised, 2 ounces.
Whiskey, 2 ounces.
Steep all together for a few minutes. Useful in paralysis, palsy, rheumatism and cholera.

Alteratives for the Liver.—

Fluid extract of dandelion. A dessert spoonful twice daily in a little water.

A Good Blood Purifier.—

Sulphate of magnesia, half ounce.
Water, 1 pint.
Mix. Wine-glassful three times a day.

Dandelion Alterative.—

A good medicine for the liver.
Extract of ignatia, 1 scruple.
Bean St. Ignatius, one and a half drachms.
Bromide of potassa, half drachm.
Carbonate of iron, half drachm.
Piperine, 1 scruple.
Extract of henbane, 1 scruple.
Make into 60 pills, take one after each meal.

Dr. Blood's Aromatic Elixir.—

Cardamon seed pulverized, 1 drachm.
Coriander seed pulverized, 2 drachms.
Orange peel pulverized, 4 and a quarter drachms.
Angelica seed pulverized, 2 drachms.

Steep the whole together in 12 ounces of alcohol, and 12 ounces of water, 5 ounces of glycerine, and 7 ounces of syrup, making in all 2 pints of the mixture. Useful in flatulency and wind colic.

Liver Remedy.—

Mandrake, 2 drachms.
Lobelia seed, 2 drachms.
Blue flag, 2 drachms.
Blood root, 2 drachms.
Capsicum, 1 drachm.
Guiacum, 2 drachms.
Dandelion, 6 drachms.
Oil of peppermint, 2 drops.

Mix, and add enough of simple syrup to form into pills. Dose, one pill twice a day. Valuable in diseasesd joints, boils and carbuncles.

If desired Dr. Blood will compound any of the medical or chemical formulas contained in this book, and will forward them via Express to any address for a slight advance upon the cost of preparation.

Ointment for Tetter and Scald Head.—

Powdered sulphate of zinc, 4 ounces.
Liquid borax, 1 ounce.
Lard 16 ounces.

Mix by means of heat and stir until cold. Apply night and morning, keeping the parts clean.

Salve for all kinds of Sores.—

Resin, half ounce.
Bees-wax, 1 ounce.
Mutton suet, 1 ounce.
Tallow, 1 ounce.

Melt together. Excellent for every kind of wounds.

Ointment for Rheumatism.—

Opium, 1 ounce.
Belladonna, 1 ounce.
Cinchona, 1 ounce.
Ammonia, one and a quarter ounces.
Lard, 25 ounces.

Mix, and apply several times a day.

An excellent Itch Ointment.—

Iodide of potassium, half drachm.
Lard 1 ounce.
Mix.

Tar Ointment.—

Lard, 12 ounces.
Mutton suet, 12 ounces.
Tar, 6 ounces.
Bees-wax, 3 ounces.
Powdered black hellebore, 4 drachms.
Melt and strain, and add,
Flowers of sulphur, 4 ounces.
Used for salt rheum, tetters, itch, &c.

Tobacco Ointment for Gathered Breast.—

Tobacco leaves, sliced, 10 ounces.
Dilute acetic acid, 3 pints.
Resin, 10 ounces.
Yellow wax, 4 ounces.
Lard, 16 ounces.

Boil the tobacco in the acid, down to 4 ounces, then add the other ingredients, stirring constantly until cold.

Another Ointment for Gathered Breast.—

Tobacco leaves, 5 ounces.
Vinegar, 2 pints.
Resin, 5 ounces.
Yellow wax, 4 ounces.
Lard, 13 ounces.

Boil the tobacco in vinegar to one pint, and strain, and then add the other ingredients.

An excellent Salve for Burns.—

Oil of hemlock, 1 ounce.
Linseed oil, 1 quart.
Mix.

A Salve for Ulcers, Bruises, &c.—

Resin, 2 pounds.
Burgundy pitch, quarter pound.
Bees-wax, quarter ounce.
Mutton tallow, quarter ounce.
Melt slowly, when nearly cool add,
Oil of hemlock, 1 ounce.
Balsam fir, 1 ounce.
Oil origanum, 1 ounce.
Red clover, 1 ounce.
Turpentine, 1 ounce.
Oil of wormwood, 1 ounce.

This salve is most valuable for rheumatic pains or weakness of the sides, back, and shoulders.

A valuable Cancer Salve.—

Take sulphur, white arsenic, powdered flowers of lesser spearwort, and stinking chamomile, of each a small quantity. Mix together and form into a paste with the white of an egg. Spread a linen cloth with the salve, and apply to the wound.

An Ointment for Sores.—

Bitter-Sweet root, one and a half pound.
Sweet elder root, one and a half pounds.
Hop leaves, half pound.
Hop vines, half pound.
Garden plantain tops, half pound.

Plantain root, half pound.
Tobacco, half ounce.

Make into a decoction and strain. Boil down to half pint, then mix with 1 pound of sweet butter, 1 ounce resin, 1 ounce bees-wax. Heat slowly until all the water has evaporated. This makes an excellent healing salve.

A Lotion for Neuralgia.—

Sulphuric ether, 1 ounce.
Chloroform, quarter ounce.
Laudanum, quarter ounce.
Alcohol, 1 ounce.

Mix, and shake before using. Good for all painful affections as a local application.

Lotion for Corns.—

Iodide of iron, 12 grains.
Chloride of antimony, half ounce.
Tincture of iodine, half ounce.

Pare the corn, and apply this lotion with a camel's hair brush

Lotion of Potassa.—

Water, 12 ounces.
Chlorate of potassa, half ounce.
Rose water, two and a half ounces.

Used as a wash for foul mouth, gums, &c., particularly where there is a syphilitic taint.

Turpentine Chillblain Lotion.—

Oil of turpentine, 1 ounce.
Sulphuric acid, quarter ounce.

Olive oil, 10 ounces.

Apply with a brush to the affected parts, night and morning.

Anæsthetic for Removing Pain in Extracting Teeth.—

Aconite root, quarter ounce.

Chloroform, quarter ounce.

Alcohol, quarter ounce.

Morphia, one and a quarter grains.

Mix. Used for lessening the severity of the pain in removing teeth. Apply a lint wet with the mixture.

Syrup for Hives.—

Syrup of squills, 1 ounce.

Seneca snake root, 1 ounce.

And pour over the above 1 pint of boiling water and let it remain to simmer to a half pint and strain, then add 1 pint honey, and 12 grains tartrate of ammonia. Dose, 10 drops for a child every morning, this is also an excellent remedy for croup.

Remedy to relieve Spasms.—

Tincture of scullcap, 1 ounce.

Valerian, 1 ounce.

Myrrh, 1 ounce.

Capsicum, 1 ounce.

Lobelia, half ounce.

Soda, half teaspoonful.

Mix, and add a little water. Dose, a teaspoonful every three hours if the pain is severe.

Whooping-Cough Liniment.—

Olive oil, 8 ounces.
Oil of cloves, 1 ounce.
Oil of amber, 4 ounces.

Mix, and rub on the chest to stimulate the skin, also good in severe coughs.

Liniment for Pains.—

Oil of turpentine, 3 ounces.
Acetic acid, half ounce.
Yelk of one egg.
Rose water, 3 ounces
Oil lemon, 1 drachm.
Mix for use.

Wine for Fever and Ague.—

Loaf sugar, 2 ounces.
Sulphuric acid 12 drops.
Quinine, 25 grains.
Epsom salts, 2 ounces.
Water, 1 pint.
Brandy, 1 gill.
Dose, a wine-glassful 3 times a day.

Houseleek in Fevers.—

Bruise the houseleek. Place it in a rag, and press the juice out. Add to the juice its weight in sugar. Dose, a tablespoonful every 2 hours This remedy is an excellent cooling application to sores, ulcers, &c. Mixed with cream it is good for inflammation of the eyes and erysipelas.

Powder for Fevers.—

Lobelia herb, half ounce.
Skunk cabbage, half ounce.
Crawley root, 1 ounce.
Pleurisy root, 1 ounce.
Powder, and mix them together.

Dose, quarter to a half teaspoonful every two hours until free perspiration takes place. It may be given in common tea. This compound is most excellent in inflammations, colds and influenza. It is sure to arrest a cold if properly taken. Keep it well corked.

Cure for Fever and Ague.—

Saffron, half ounce.
Opium, half ounce.
Ipecacuanha, half ounce.
Camphor, half ounce.
Virginia snake root, half ounce.
Holland gin, one and a half pints.

Steep for three days. This is almost a panacea for fever and ague.

Another Mixture in Fevers.—

Take the juice of two or three lemons, making about one and a half ounces of the juice; carbonate of potassa, 1 drachm; Water, 12 ounces; sugar white, 3 drachms; essence of peppermint, 30 drops. Mix all together. Dose, a wine-glassful to be taken often in inflammatory fevers and throat difficulties.

Recipe for making Lobelia Water.—

Lobelia leaves, 1 ounce.

Boiling water, half pint.

Brandy, quarter pint.

Pour the boiling water over the lobelia and let it infuse 7 days, then add the brandy. Useful in sore and inflamed eyes.

Recipe for making Fennel Water.—

Oil of fennel, half drachm.

Carbonate of magnesia, 1 drachm.

Rub the two together, and add water, 2 pints. Filter through paper.

Valerianate of Ammonia.—

Extract of valerian, 2 scruples.

Fluid extract of valerian, 2 drachms.

Water, 7 ounces.

Dissolve the extract in the fluid extract, and pour in the water. Strain, and add valerinate of ammonia; 2 drachms; orange flower water, half ounce; and simple syrup half ounce. Dose, a teaspoonful in nervous affections and headache.

An excellent Drink in Fevers.—

Take the juice of 1 lemon, 1 teaspoonful of cream of tartar, water 1 pint. Mix, and sweeten with loaf sugar. In fevers, drink freely.

To make Lime Water.—

Take a piece of lime, say about 2 ounces; water, 2 quarts. Boil the water first and let it cool. Slack the lime with a little of the water, then pour on the remainder of the water, and stir all together. Cover the vessel tight, and set it aside for 4 hours. Put

the mixture in a glass-stoppered bottle, and when wanted for use, pour off the liquor. It is valuable in promoting digestion, looseness of the bowels, diabetes, scrofula and lucorrhœa.

Recipe for making Peppermint Water.—

Take 1 drachm of oil of peppermint, and rub with 1 drachm of carbonate of magnesia, gradually adding 2 pints water. Filter through paper.

To make Tar Water.—

Tar, 2 pints.

Water, 1 gallon.

Mix together with a stick for 15 or 20 minutes, and let it settle. Strain the liquor, and put it in a bottle, cork tight. Useful in chronic bronchitis. Dose, 1 wine-glassful often as desired.

To make Camphor Water.—

Take half an ounce of camphor, and place it in a muslin bag, with a marble or stone ; then put this into a wide-mouthed bottle, next take one quart of water that has been boiled, and left to cool, and pour it upon the camphor, letting it stand three days, when it is ready for use.

Assafœtida Tincture.—

Assafœtida, 4 ounces.

Alcohol, 2 pints.

Macerate for 2 weeks, and filter.

Arnica Tincture.—

Arnica leaves, 6 ounces.

Alcohol, one and a half pints.

Water, half pint.

Bruise the arnica leaves, and moisten with a little of the alcohol, and let it stand a few moments, then put it into a wide mouthed-bottle and pour over the remainder of the alcohol and water, let it stand for about two weeks, shaking it frequently. This is an excellent domestic recipe for making arnica tincture for wounds, bruises, &c.

Wine of Iron and Beef.—

Take one ounce of Leibig's extract of beef and dissolve it in 3 ounces of water, and half drachm of bruised allspice. Let it stand twelve hours, then add 16 ounces of sherry wine, and syrup 2 ounces. Dissolve 16 grains of citrate of iron in 2 ounces of water. Mix, and strain, or filter, and add water enough to make in all 24 ounces. Each ounce contains 1 ounce of fresh beef, and 4 grains of citrate of iron.

A recipe for making Rennet Wine.

Take one rennet, making about 8 ounces.

Common salt, 1 ounce,

Alcohol, 6 ounces.

White wine, 16 ounces.

Wash the rennet until thoroughly clean, and cut it into pieces. Place them in a bottle with the wine, agitate frequently, and let it remain 2 weeks, add the alcohol, and strain. It is then ready for use. Dose, 1 tablespoonful directly after eating.

To make Elixir of Pepsine.—

Dissolve 1 ounce of pepsine in 8 ounces of water,

then add three ounces of garus, and 4 ounces of syrup of cherries. Dose, 1 tablepoonful directly after eating.

Aromatic Wine of Iron.—

Peruvian bark, powdered, 1 ounce.
Columba root, in coarse powder, 2 drachms.
Filings of iron, half ounce.
Bruised cloves, 2 drachms.

Macerate for three days in a covered vessel with occasional agitation, with as much peppermint water as will make 12 ounces, then add tincture of cardamon 3 ounces, and tincture of orange peel 3 drachms. Put it in bottles tightly corked, it is tonic in its properties being useful in debility. Dose, one tablespoonful three times a day.

Recipe for making Wine of Calisaya Bark.—

Macerate one ounce of powdered peruvian bark in twelve ounces of white wine for 24 hours. Then filter and it is ready for use. Valuable in various forms of debility. Dose, one teaspoonful 3 times a day.

Bitter Wine of Iron.—

Sulphate of cinchona, 6 drachms.
Sulphate of quinia, 2 drachms.
Citric acid, 1 ounce.
Orange syrup, 1 pint.
Citrate of Iron, 4 ounces.
Sherry wine, 4 pints.
Alcohol, 1 pint.

Dissolve the sulphates of cinchona of quinia and

and the citric acid in one and a half pint of hot water, and the citrate of iron in half a pint of hot water. Mix the solutions, and add the other ingredients. Dose, one teaspoonful.

Chloroform Elixir for Colic.—

Chloroform, one and a half ounce.

Tincture of opium, one and a half ounce.

Tincture of camphor, one and a half ounce.

Aromatic spirit of ammonia, one and a half ounce.

Oil of cinnamon, 20 drops.

Brandy, 2 ounces.

Mix. This is an excellent mixture for colic. Dose, one tablespoonful.

How to make Honey of Borax.—

Clarified honey, 1 ounce.

Borax, 60 grains.

Mix together. A good remedy for sore gums, mouth, and lips. Diluted with water it forms an excellent skin or mouth wash.

How to make Honey of Violets.—

Expressed juice of Violets, 1 ounce.

Clarified honey, 2 ounces.

Mix together cold, in a glass dish. Used as a mouth wash to perfume the breath.

To make Blackberry Syrup.—

Blackberry juice, 2 pints.

Brandy, 1 pint.

Bruised cinnamon, half ounce.

Sugar, white, 1 pound.
Nutmegs, 6 in number.
Allspice, 2 drachms.
Cloves, 2 drachms.

Boil together into a syrup. Useful in diarrhœa and wind colic.

To make Compound Syrup of Hemlock.—

Water hemlock seeds, bruised, 2 ounces.
Queen's root, 2 ounces.
Red Peruvian bark, 2 ounces.

Pour over them 2 pints of boiling water, and let them simmer for 20 minutes. Set it aside to cool and when cool strain, then set it upon the fire and boil down to one pint. Add 2 pounds sugar, dissolve with a gentle heat, remove the scum and strain the mixture while hot. Dose, one tablespoonful 3 or 4 times a day. Good for nervous debility.

To make Syrup of Chamomile.—

Fluid extract of Chamomile, 4 ounces.
Simple syrup, 12 ounces.

Mix while the syrup is moderately warm, and strain. Dose, one teaspoonful 3 times a day. Excellent in nervousness and debility.

A Recipe for making a Syrup of Rhubarb and Senna.—

Bruised rhubarb root, 6 ounces.
Senna leaves, 6 ounces.
Cardamon seed, 1 and a half ounces.
Alcohol, 6 pints.

Mix all together, and macerate for 2 weeks. Strain, and place it over the fire, and let it boil down to 3 pints, then mix 12 ounces of this, with syrup made of two ounces of sugar, and boil down to 1 and a half pints. Excellent in diarrhœa and bowel complaint.

To make Bitter Essence.—

Wormwood, 4 ounces.
Gentian root, 1 ounce.
Bitter orange peel, 1 ounce.
Blessed thistle, 1 ounce.
Alcohol 2 ounces.

Mix all together, and let it digest for a week. Dose, 1 to 2 teaspoonfuls twice a day. An excellent tonic.

An excellent remedy for Seasickness.—

Rue, half ounce.
Thyme, half ounce.
Rosemary, half ounce.
Absinthe, half ounce.
Tumeric, half ounce.
Green walnut rind, half ounce.
Anatto, 1 sixth ounce.
Pearlash, 1 eighth ounce.
And one head of poppy.

Digest the whole together, in 1 quart of alcohol. Boil for half an hour, and strain. Dip 4 or 5 strips of filtering paper in the infusion, and dry; upon one side of these are fastened some light fabric by the end, and some wadding placed inside, then fasten strings to the bandage, and tie it around the

body so as to cover the region of the heart. This is a sure preventive of sea-sickness.

How to Remove Liver Spots.—

Sulphate of zinc, 20 grains.

Elder flower ointment, 1 ounce.

Mix, and make into a pomade.

Apply to the spot on a linen rag, upon retiring. In the morning, wash it off with castile soap and water, and bathe during the day with a lotion composed of 30 grains of citric acid, and half a pint of infusion of roses. Continue this treatment for about two weeks. By that time, the spots should be removed, then apply a regular use of glycerine and borax to prevent the recurrence.

To disguise the Taste of Epsom Salts.—

Peppermint water, almost destroys the taste of epsom salts. Milk disguises the taste of Peruvian bark. Extract of licorice, the disagreeable taste of aloes.

Plaster for Severe Wounds.—

Black pitch, 15 drachms.

Dry resin, 15 drachms.

Dried earth-worms, two and a half drachms.

Oil of turpentine, 8 drachms.

Crude alum, 1 scruple.

Mix well. This plaster is excellent for the cure of wounds, fractures and tumors.

Sulphur Wash for Roughness and Eruptions of the Skin —

Sulphur flowers, 1 ounce.

And pour over it 1 quart of boiling water, allow it to stand, and steep it for twelve hours, and apply it to the face three or four times a week, also used for any eruptions upon the skin.

If desired Dr. Blood will compound any of the medical or chemical formulas contained in this book, and will forward them via express, to any address for a slight advance upon the cost of preparation.

Colognes.

Lavender Water.—

English oil of lavender, one and a half ounce.

Alcohol, 95 per cent.

Mix by agitation. A delicate and agreeable scent.

Cologne Water.—

Cologne spirits, one and a half gallon.

Oil of neroli, half drachm.

Oil of orange peel, one and a half drachms.

Oil of rosemary, half drachm.

Oil of bergamot, one and a half drachms.

Oil of lemon, one and a half drachms.

Mix thoroughly, and allow it to stand several days without disturbing the bottle.

Imitation Orange-flower Water.—

Orange flowers, 1 pound.

Fresh yellow peel of bitter oranges, one and a quarter ounces.

Water, one and a half quarts.

Macerate 24 hours and then distil to one pint.

Fine Millefleur Water.—

Balsam of Peru, 1 ounce.

Essence of cloves, 1 ounce.

Essence of musk, 2 ounces.

Essence of neroli, quarter ounce.

Essence of bergamot, 2 ounces.

Essence of thyme, quarter ounce.

Eau de fleurs d'oranges, 1 quart.

Mix well together. This makes a fine perfume.

Eau de Bouquet—

Oil of bergamot, three-quarter drachm.

Oil of cloves, three-quarter drachm.

Oil of lavender, 2 drachms.

Essence of musk, quarter drachm.

Oil of verbena, quarter drachm.

Otto of roses, 2 to 3 drops.

Alcohol, half pint.

Mix, and agitate frequently for a day or two. This is a strong and excellent perfume.

Essence of Musk.—

Essence of musk, 2 drachms.

Essence of ambergris, half drachm.

Essence of civet, half drachm.

Strongest essence of d'ambrette, quarter pint.

Mix.

Essence of Royal.—

Ambergris, 20 grains.
Grain musk, 10 grains.
Carbonate of potassa, 5 grains.
Oil of cinnamon, 3 drops.
Otto of roses, 3 drops.
Oil of Rhodium, 3 drops.
Alcohol, 95 per cent, 2 ounces.

Agitate for ten or twelve days; very delicate and fragrant.

Essence of Ambergris.—

Grain musk, one and a half drachm.
Ambergris, 5 drachms.
Alcohol, 1 pint.

Put the contents into a bottle and attach the cork firmly. Keep the bottle in a room exposed to the sun for a couple of months agitating briskly, then draw off the clear portion and filter. This is deliciously fragrant.

Method for Extracting the Essence of any Flower.

Take any kind of a flower and pick it to pieces, place a layer in a clean earthen dish and cover them with fine salt, lay another layer of the flower over the salt, and repeat the operation until the pot is full. Put the vessel in a cool place, (the cellar is the best) and cover closely. Let it remain undisturbed for about 6 weeks, then strain the whole through a piece of crape by pressure. Place the essence thus extracted in a clear bottle and expose it to the rays of the sun for 6 weeks to purify.

One drop of this essence will perfume a pint of water.

Recipe for Otto of Roses.—

Take the flowers of the damask or hundred-leaved rose and place them in a jar with just water enough to cover them. In about ten days a butyraceous oil, or in other words the otto will form a scum on the surface which can be taken off with a piece of cotton.

Essence of Patchouli.—

Patchouli leaves and tops, 1 pound.

Alcohol, 3 pints.

Let the whole digest together for one week, in a tightly corked vessel, add oil of lavender quarter ounce. Dissolve by agitation. Filter through paper.

Essence of Musk Seed.—

Musk seed, 20 ounces.

Alcohol, one and a half pints.

Grind to a fine powder and macerate 3 or 4 weeks. Keep the bottle tightly corked.

Essence of Lavender.—

Oil of Lavender, 1 ounce.

Best alcohol, half pint.

Mix together, agitate frequently and add a few drops of essence of musk.

Best Cologne Water.—

Oil of bergamot, half ounce.

Oil of lavender, half ounce.

Oil of neroli, half drachm.
Oil of cinnamon, 5 drops.
Oil of jasmine, quarter drachm.
Oil of musk, 2 drachms.
Cenzonated tincture, three-quarter ounce.
Pure rectified spirits, 1 quart.
Rose water half pint.
Let the mixture stand 12 or 14 days before filtering.

Simple Perfumes.—

Essence of bergamot, 1 ounce.
Alcohol, 1 pint.
Mix, or take otto of petit grain quarter ounce, and half ounce otto of orange peel, with one pint of alcohol. Mix together by agitation.

Another simple Perfume.—

Otto of bergamot, quarter ounce.
Otto of lavender, quarter ounce.
Otto of cloves, quarter drachm.
Alcohol, 1 pint

Imitation Bay Rum.—

Oil of bay, quarter ounce.
Oil of allspice, quarter drachm.
Alcohol, 1 gallon.
Mix together, and add gradually one gallon of water, shaking constantly. Should the mixture become milky a little alcohol added will clear the solution.

Genuine Bay Rum.—

Leaves of the myrtus acris 4 ounces.

Cassia, 2 ounces.
Cloves, three-quarter ounce.
Rum, four and a half quarts.
Distil to three-quarters of a gallon.

Tincture of Musk.—

Take quarter ounce of musk and place it in a mortar with a little sugar, rub the two together. Digest for 4 weeks in three and a half ounces of alcohol containing half ounce each tincture of ambergris and tincture of vanilla. Filter, and add a few drops of otto of roses.

Best Florida Water—.

Oil of lemon, 2 drachms.
Oil of bergamot, 2 drachms.
Oil of lavender, 2 drachms.
Tincture of turmetic, 1 drachm.
Oil of neroli, 1 drachm.
Oil of balm, 30 drops.
Oil of rose, 10 drops.
Alcohol, 2 pints.
Mix, and filter.

Heliotrope Perfume.—

Vanilla, quarter ounce.
Essence of ambergris, quarter drachm.
Orange flower water, quarter pint.
Alcohol, 1 pint.
Macerate for 8 days then filter.

Tincture of Vanilla.—

Vanilla, 2 ounces.

Cut it into small pieces and steep in 1 pint of alcohol for about 4 weeks, stir often, and filter.

Tincture of Cardamons.—

Bruised cardamons, 2 ounces.

Alcohol, 1 pint.

Macerate for 2 weeks, press through a cloth and filter.

If desired Dr. Blood will compound any of the medical or chemical formulas contained in this book, and will forward them via Express to any address for a slight advance upon the cost of preparation.

COSMETICS FOR SOFTENING THE SKIN AND BEAUTIFYING THE COMPLEXION.

Cosmetic Cream for the Complexion.—

White wax, 1 ounce.

Spermaceti, 1 and a half ounces.

Pure sweet oil, 6 ounces.

Melt all together in a vessel immersed in boiling water, stirring constantly. When of the consistence of butter, remove from the water-bath and triturate until the mass has a creamy appearance, add slowly 1 ounce of double distilled rose-water, and 1 ounce of glycerine, and assiduously stir the mixture until an emulsion is formed; add 8 drops of essence of roses. Stir for 30 minutes briskly. Put into jars, and attach the cork firmly.

Freckle Cosmetic.—

Honey, 2 ounces.

Glycerine, half ounce.

Mix together by a slow heat, when cold add citric acid, 1 and a half drachms.

Alcohol, 1 ounce.

Essence of ambergris, 6 drops.

Bottle for use, to be applied to the face every night and morning.

To make Cold Cream.—

White wax, 1 ounce.

Spermaceti, 1 ounce.

Oil of almonds or sweet oil, quarter pint.

Melt, and pour the compound into a porcelain basin or bowl, which has been previously immersed in boiling water, add by degrees 4 ounces of rose-water and constantly stir the mixture until an emulsion is formed, or until the whole is nearly cold. Lastly, put it into china jars for use.

Glycerine Lotion for the Skin—

Glycerine, 1 ounce.

Water, 19 ounces.

Mix. Used as a lotion to allay irritation of the skin, prevent chapped lips and hands. Glycerine in the pure state, when rubbed on the hands, should be perfectly inodorous. Glycerine should never be applied to the face or hands without mixing it with a little water, as glycerine alone absorbs all the moisture from the surface that it touches and dries up and parches the nerves. Mixed with water it may be applied to the most sensitive skin without

injury. To increase its efficacy for toilet or personal use, add 1 or 2 drachms of borax to every pint of lotion, this renders it more effective in excoriations, chaps and skin diseases; in like manner, by the addition of a drachm of iodide of potassium a cosmetic wash is obtained, which is useful to persons of a syphilitic taint.

How to make Glycerine.—

Spermaceti, 1 ounce.
White wax, 1 sixth ounce.
Sweet oil, 1 sixth pound.

Melt the wax and spermaceti in the sweet oil, over a water bath, then remove from the fire and add orange flower water, three-quarter ounce, beat constantly until nearly cold. Perfume with any oil preferred.

Lotion for the Face.—

Elder flower water, 4 ounces.
Tincture of Benzoin, 2 drachms.

Add the water very slowly to the benzoin, agitating briskly. This wash is excellent for softening the skin, and rendering it clear.

Red Lip Salve.—

White wax, half ounce.
Lard, 4 ounces.
Spirits of nitre, 2 drachms.
Pulverized alum, 2 drachms.

Mix the whole together and use carmine and alkanet to color.

To make Almond Paste.—

Take a quantity of blanched almonds and reduce them to a paste, by pounding them in a marble mortar, when nearly dissolved, add gradually a little rose water. Beat the mixture constantly until nearly cold.

Mecca Balsam for the Face.—

White wax, 1 drachm.
Spermaceti, half ounce.

Melt the two together, and add gradually sweet oil, four ounces; mecca balsam, three drachms; rose water, six drachms. Stir constantly until cold.

Glycerine Cold Cream.—

White wax, 1 ounce.
Spermaceti, half ounce.
Glycerine, 4 ounces.
Oil of sweet almonds, 2 ounces.

Mix the white wax, spermaceti and sweet oil together first, then add the glycerine, a little at a time, stirring the mixture until cold. Perfume with otto of roses.

Lotion to Remove Freckles.—

Bi-chloride of mercury, 6 grains.
Pure Hydrochloric acid, 1 drachm.
Distilled water, quarter pint.

Mix, and add alcohol and eau de rose, of each 2 ounces; Glycerine, one ounce. To be used at night, with a sponge on the face to remove freckles and to whiten the skin.

Iodine Wash for Eruptions of the Skin.—

Iodide of potassium, 30 grains.

Iodine, 15 grains.

Dissolve in one pint of water, add only one tablespoonful of water at first, by constant agitation, the solids are dissolved, then add the remainder. It is useful as a wash in enlarged and hardened glands, itch, &c.

Glycerine for Toilet Use.—

Transparent soap, 1 ounce.

Inodorous glycerine, 24 ounces.

Water, 4 ounces.

Dissolve the soap and water together, by a gentle heat, adding 1 ounce of glycerine. When entirely dissolved add the remainder of the glycerine and 16 ounces of water. When nearly cold, add any perfume desired, and pour into glass jars. This is a fine preparation for the hands, rendering them soft and smooth.

How to make Camphor Ice.—

White wax, half pound.

Spermaceti, half ounce.

Camphor, 1 ounce.

Sweet almond oil, half pound.

Place the whole into a porcelain bowl or vessel and set it on the fire over a water-bath or in a pan containing boiling water sufficient to reach nearly to the top of the vessel. Melt together, and gradually add the oil, stirring briskly until all is incorporated, then add rose-water 1 pint, stirring it

in slowly, so that the water will blend thoroughly with the oils, then perfume with otto of rosemary 1 drachm.

How to make Cacao Pomade.—

Sweet oil, half ounce.
White wax, half ounce.
Cacao butter, half ounce.

Melt them together and add. when nearly cold, a perfume to please the fancy. This pomade is used for softening the skin, also for chapped hands and lips.

Cream for the Lips.—

Spermaceti, 1 ounce.
White wax, 1 ounce.
Sweet almond oil, 5 ounces.

Melt all together, and stir into it 1 drachm mecca balsam, agitate the mixture until nearly cold.

A Wash for Sore Gums and Nipples.—

Powdered borax, 3 drachms.
Distilled water, half pint.

Mix, and apply 3 times a day as a wash for sore gums, excoriations, &c.

An excellent Skin Cosmetic.—

Best sweet oil, 4 ounces.
Hog's lard, 3 ounces.
Spermaceti, 3 ounces.

Melt all together, and add the expressed juice of house-leek 3 ounces, stir constantly until cold. Perfume to suit the fancy. Used for wrinkles and freckles and also as a skin cosmetic.

Rouge for the Cheeks and Lips.—

Powdered carmine, 2 drachms.

Place it in a tightly corked bottle with 4 ounces of best ammonia, and let it digest for 2 days, then add rose water 1 pint, and essence of roses 4 ounces. Let it stand for a week and then pour off the clear liquid and bottle. It is then ready for use.

An excellent Lip Salve.—

Take of cold cream quarter pound, alkanet root 2 drachms, agitate together by a gentle heat until the cream has acquired a deep red color, then strain and add glycerine 1 ounce. When the liquid has nearly cooled add balsam of peru one and a half drachms, stirring assiduously, in a few minutes pour off the clear portion from the dregs, and add 10 or 15 drops of oil of cloves, then pour the pomade into glass jars or boxes. This will be found an excellent lip salve.

How to Remove Freckles.—

Sulphate of zinc, 20 grains.

Best glycerine, 25 grains.

Diluted cologne water, 5 grains.

Rose water, 25 grains.

Mix, and apply daily; leave it on the face about half an hour, then wash the face in cold water.

An excellent Lip Salve.—

Lard, half ounce

Cacao butter, quarter ounce.

Melt together, and add essence of lemon. Color with carmine if desired.

Enamel Powder for the Face.—

Take equal parts of finely powdered French chalk and pearl-white, mix together. Used to whiten the face. If a slightly tinted hue is desired add a little powdered carmine or rouge.

Borax Lotion for Chaps and Sunburns.—

Glycerine, three-quarter ounce.

Powdered borax, 6 drachms.

Elder-flower water, 12 ounces.

Mix together; used as a cosmetic wash morning and night to make the skin soft and white, and prevent and remove sunburns, and irritation of the skin.

Blanched Almond Lotion for the Face.—

Blanched almonds, 1 ounce.

Bitter almonds, 2 drachms.

Distilled water, half pint.

Beat the almonds to a meal in a marble mortar, and triturate with the water gradually added. This forms an emulsion, strain and add 15 grains of bichloride of mercury previously dissolved in half pint of water, then add enough water to make the whole quantity 1 pint. Bottle for use. Used as a cosmetic; apply with a soft sponge letting it dry on the face and washing off with clear water.

To Perfume Oils.—

In adding essential oils and essences, the melted fat must be nearly cold; whilst substances like the balsams and aromatic resins, are better added to the fat while in a melted state, aiding their solution

and union by stirring with a wooden spoon or spatula. If it is necessary to add the essential oils with the resins or balsams, it is better to allow the mixture to stand a short time, and pour it off from the dregs, before adding the essential oils, or essences. In finishing pomades, those which it is intended should be white, should be stirred constantly with a paddle, or knife, until the fat begins to acquire considerable consistency before putting it in jars, but when it is desired that they should be transparent, the clear melted fat is poured into bottles previously warmed, and the whole is allowed to cool very slowly without being disturbed, free from any draughts of air.

Pomade for the Hair.

Good washed lard, half ounce.
Clarified beef suet, quarter ounce.
Balsam of peru, quarter ounce.

Melt them slowly together over a slow fire and stir the mixture until it begins to thicken, then add oil of nutmeg, half drachm, and pour the mass in pots or wide-mouthed bottles. This makes an elegant hair dressing.

To make Plain Pomade.—

Hog's lard pure, 2 ounces.
Beef suet, 1 ounce.
Melt together by a gentle heat.

How to Purify Fat.—

This is done by melting the fat by the heat of a steam bath in a porcelain vessel, and gradu-

ally adding one ounce powdered alum, and two ounces common salt to every fifty pounds of fat. Let it come to boiling point, and remain at that temperature until the scum ceases to rise to the surface, which contains all the impurities, this must be skimmed off as fast as it forms. The fat is then strained through a cloth and poured into clean jars to cool. It is spread upon a slanting stone slab, and a rolling pin is revolved over it, while at the same time, cold water is allowed to trickle over the fat. This process dissolves the saline impurities remaining in the fat. Afterward the fat is heated, until all the water has evaporated. Fats treated in this way will be found to be very pure.

To make Philocome.—

Take equal parts of purified beef-marrow, oils of noisettes and sweet almonds. Mix all thoroughly together in a marble mortar, then add a sufficient quantity of a mixture of rose, jasmine, acacia, orange flowers and tuberose. This compound is made without heat.

Vanilla Pomade.—

One pound of plain pomade, and add 4 drachms essence of vanilla ; otto of roses, 10 drops.

Citronella Pomade.—

Take equal parts of pure lard and the white of an egg, beat to a froth, then add 1 drachm citronella, mix all together. This makes a simple but excellent hair drsssing.

A good Pomade for the Hair.—

Grate a carrot fine, and add lard, 2 ounces. Melt together for one hour, then strain through a fine sieve, and add essence of bergamot and oil of rose, of each 5 drops.

Some Remarks about using Hair Colorings.—

Hair dyes of all kinds are not permanent, but can be applied satisfactorily if the hair is perfectly clean. The slightest oily substance will lessen their action, and make it unequal in different parts. Care should be taken to wash the hair thoroughly before applying them. In the majority of cases, lotions which are extensively advertised, and sold under the name of hair restorers, puporting to restore the color, and promote the growth of the hair, may be harmless and unattended with mischief, but it is well to remember that palsy is produced by long continued use of cosmetics containing lead, and that to-day our asylums contain hundred of lunatics brought there through the use of these hair dyes.

A Dye for Blonde Hair.—

Protochloride of tin, 2 ounces.

Hydrated lime, 3 ounces.

Mix well together, and moisten the hair with the mixture, and after an hour, touch it with a solution of equal parts of sulphide of potassium and water.

Another Dye for Flaxen Hair.—

Nitrate of silver, 1 ounce.

Acetate of iron, 1 ounce.

Nitrate of bismuth, 2 ounces.

Mix the whole together in ten ounces of water. Apply to the hair by means of a sponge, wet in the mixture. An hour after use the solution of potassium as in the above recipe. Being careful not to let any get into the eyes, as it might fatally injure them.

How to Color the Hair.—

Lac-sulphur, half drachm.
Glycerine, 1 ounce.
Sugar of lead, 1 scruple.
Distilled water, 1 ounce.
Mix. Add oil of lavender and bergamot, of each, 5 drops.

An excellent Coloring for the Hair.—

Acetate of lead, 1 drachm.
Milk of sulphur, 1 drachm.
Glycerine, 2 ounces.
Muriate of soda, 2 ounces.
Bay rum, 8 ounces.
Jamaica rum, 4 ounces.
Water, 1 pint.
Mix together and shake well before using.

Bran for the Hair.—

Powdered bran, 4 ounces.
Orris root powdered, half ounce.
Mix, and perfume at will. Used to powder the hair.

Powder for Blonde Hair.—

Finely powdered starch, 2 ounces.
Powdered orris root, 2 ounces.

Use yellow ochre for the coloring substances. Mix all together.

To make Sachets Powder.—

Powdered orris root, half pound.
Powdered bergamot peel, 4 ounces.
Powdered cinnamon and cloves of each, 2 ounce.
Powdered orange flowers, 1 and quarter ounces.
Starch, half pound.
Mix.

An excellent Hair Restorer.—

Sugar of lead, half ounce.
Lac sulphur, 3 drachms.
Glycerine, 3 ounces.
Aqua ammonia, 1 and a half ounces.
Mix, and water to make 1 pint. Perfume to suit the fancy.

A Dye for Black Hair.—

Sulphuret of potassium, 6 drachms.
Distilled water, 2 ounces.
Liquor of potassa, 1 and a half drachms.

Shake them well together and let them settle, and pour off the clear liquid into a bottle and cork tight. This is liquid, No. 1. Next take crystals of nitrate of silver, 3 drachms: Distilled water, 2 ounces. Place it in a bottle to dissolve. This constitutes the hair dye or liquid No. 2. First thoroughly wet the roots of the hair with liquid. No. 1 previously diluted with 4 or 5 times its weight in cold water. Do not use it sufficiently strong to irritate the skin, or make the hair too wet with the

solution. A tooth brush is generally used for the purpose, after waiting about five minutes the hair is lightly, but thoroughly wet with the liquid No. 2, being careful to touch the scalp as lightly as possible, any stains left on the skin can be removed by rubbing them with a rag wet in the liquid No. 1, diluted with water, and in a few minutes, sponge clean with a little warm water.

Hair Curling Fluid.—

Take borax 2 ounces, gum arabic half drachm, add hot water 1 quart. Dissolve and add 3 tablespoonfuls of camphor. Used instead of water upon retiring, to put the hair in papers. This is an excellent liquid to keep the hair in curl.

Curling Liquid for the Hair.—

White gum arabic, 1 ounce.

Moist sugar, half ounce.

Hot water, three-quarter pints.

Dissolve the whole together, when cold add 2 ounces alcohol, 6 grains of corrosive sublimate, and sal-ammoniac powdered 6 grains, mix the sublimate with the sal-ammoniac adding the alcohol, then add it to the above mixture, then add enough water to make 1 pint of the solution. Perfume to suit the taste.

How to Darken the Hair.—

Iron rust, 2 drachms.

Old ale, 1 pint.

Oil of rosemary, 12 drops.

Put the mixture into a bottle and cork tightly,

shaking frequently for about 12 days, then draw off the liquor for use. Moisten the hair upon retiring.

A Gloss for the Hair.—

Spirits of jasmine, 1 pint.
Aniline, 5 drops.
Pure glycerine, 4 pounds.
Mix together, and apply upon going to bed.

Bandoline for the Hair.—

Gun tragacanth, 3 ounces.
Rose water, half gallon.

Steep together for 18 or 20 hours, stirring it frequently, strain through a cloth and let it stand for a week, then strain the second time and work into it 4 drachms oil of roses.

How to Clean the Hair or Scalp.—

Powdered borax, 1 teaspoonful.
Spirits of ammonia, 1 tablespoonful.
Water, 1 quart.

Mix all together and apply to the hair with a sponge. Dry with a coarse towel rubbing the scalp thoroughly.

How to make Violet Powder.—

Wheat starch, 4 pounds.
Powdered orris root, three-quarter pound.

Mix together, and add otto of lemon one-eighth ounce, otto of bergamot three-quarter drachms, otto of cloves three-quarter drachms, otto of roses one-eighth ounce. Mix.

Dr. Blood's Hair Tonic.—

Steep one ounce of tea in one ounce of boiling

water. Let it set away and then strain. Next add borax one drachm, rose water two ounces, glycerine one and a half ounces, cantharides quarter ounce, bay rum one pint. Mix well together and apply once a day.

Shampooing Liquid.—

Half ounce carbonate of ammonia, 1 ounce borax and 1 quart water. Dissolve the borax and ammonia in the water and add two ounces of glycerine, 3 quarts rum, and 1 quart of bay rum. Moisten the hair with the fluid and shampoo with the hand until a slight lather is formed, then wash off with clean water. This is a very good wash for the hair keeping the head clean and the hair soft and glossy.

A Wash for Moist, Lax Hair.—

Oil of almonds, 1 drachm.
Oil of cassia, half drachm.
Essence of musk, half drachm.
Alcohol, 2 ounces.

Mix, and add gradually 16 ounces of distilled water and one ounce of gum arabic, previously dissolved. Moisten the hair and scalp slightly with the mixture, and arrange the hair at once while it dries.

Treatment for Dry Stubborn Hair.—

Take 1 ounce glycerine and dissolve it in 1 pint of rose or elder-flower water, and add 15 grains of carbonate of potassa. This makes an excellent wash for dry hair. A good way to cleanse the hair

is to take the yelk of an egg and rub it thoroughly in the hair until it produces a soapy lather, afterward rinse in cold water and dry with a towel.

Wash for the Teeth.—

Borax, 2 ounces.
Boiling water, 3 pints.

Dissolve together, and before it is cold add one teaspoonful of spirits of camphor. It is then ready for use. A tablespoonful of the liquid mixed with an equal quantity of tepid water, and applied to the teeth daily preserves and beautifies them and arrests the decay.

An excellent Tooth Wash.—

Rub well together 1 ounce honey and 1 ounce borax, then gradually add 1 quart alcohol and add 1 ounce gum myrrh and 1 ounce red saunders wood Let in infuse for 2 weeks and strain. This is a valuable wash for the teeth and gums.

A Wash to Heal the Gums.—

Take alum, 1 teaspoonful.
Pulverized saltpetre, 1 teaspoonful.
Pulverized myrrh, 1 ounce.
Holland gin, 1 pint.

Mix well together. This is an excellent wash to heal and harden the gums.

How to make a good Tooth Paste.—

Gum arabic, 1 ounce.
Tincture myrrh, 1 ounce.
Water, 2 ounces.

Mix together and shake well before using. Useful in rotten and decayed teeth also to purify the breath.

Wash for the Teeth and Gums.—

Powdered alum, half teaspoonful.
Jamaica rum, half pint.
Pulverized saltpetre, half teaspoonful.
Pulverized myrrh, 1 ounce.
Mix together. Valuable wash for hardening the gums.

If desired Dr. Blood will compound any of the medical or chemical formulas contained in this book, and will forward them via express, to any address for a slight advance upon the cost of preparation.

Varnishes and Polishes.

To Polish Black Walnut.—

Take pulverized asphaltum put it into a bottle, and pour over it twice its bulk in turpentine, or 3 times its bulk if it produces too dark a stain. Place it in a warm place and shake it frequently until dissolved, then strain. It can be applied either with a cloth or brush. If it makes too dead a surface, a mixture of linseed oil and turpentine

can be rubbed over the furniture. When the oil is entirely dry, if a polish is desired, the following is best:

Shellac varnish, 1 ounce.
Boiled oil, half ounce.

Shake well before using. Pour a few drops on a woolen cloth, and rub briskly for a few moments.

A good Furniture Polish.—

Gum copal, pulverized, quarter ounce.
Sandarach, pulverized, quarter ounce.
Shellac, pulverized, 1 ounce.
Alcohol, 1 pint.

Put the gums into the alcohol in a can tightly corked, and set them near the fire and shake often; as soon as the gum is dissolved, strain it through a cloth, and bottle it ready for use. This is an elegant furniture polish.

Mixture for Polishing Furniture.—

Dissolve in 1 pint of alcohol, 2 ounces of best shellac, and add 1 pint of linseed oil, and half a pint of spirits of turpentine. Mix all together, and add 2 ounces of sulphuric ether, and 2 ounces of ammonia. Shake well, so as it will be thoroughly mixed. Apply it with a soft brush before using it. This is an excellent mixture for polishing furniture.

To Clean Old Furniture.—

Linseed oil, 1 pint.
Alcohol, quarter pint.
Vinegar, 4 ounces.
Turpentine, 4 ounces.

Butter of antimony, 4 ounces.

Mix, and shake before using. Pour a little upon a woolen cloth, and apply well to the surface of the furniture. Sometimes several applications is necessary.

Another excellent method for Cleaning Old Furniture,—

Take a quart of vinegar or stale beer, put a handful of salt, and tablespoonful of muriatic acid into the mixture, and boil the whole for 15 minutes. Rub the furniture well with a damp cloth before applying the above liquid. After its use, the furniture may be well polished, with any good polishing mixture.

How to Polish Varnish,—

Put 1 ounce of powdered tripoli into a basin and cover it well with water, then rub with a piece of fine flannel several times double, laid over a piece of cork rubber. Polish the surface of the varnish, wetting the flannel in the tripoli and water. Wipe a portion of the work occasionally with a sponge to see whether there is an even gloss upon its surface ; as soon as a gloss is observed, wipe off with a bit of mutton-suet and flour. Be careful not to rub the work too hard, or longer than is necessary to make it perfectly smooth and even.

How to Polish Marble.—

Rub the marble back and forth with a very fine sand stone, and wash the marble with sand and water until it appears equally rough, then take fine

emery powder and a piece of felt or an old hat, wrapped around a stone or some hard substance, and polish it until all the marks left by the former process are erased, afterward rub the marble with putty powder and a fine clean rag, until the face appears a good gloss, then take the rags with the powder remaining on them and rub briskly, until a fine polish makes its appearance.

Acids Hurtful to Marble.—

Marble slabs on which acids are allowed to stand, soon lose their polish and beauty, the reason of this is that marble is a carbonate of lime, and has no affinity for the acid, for that reason acids of every kind should not be allowed to touch marble.

To make Drawings Resemble Oil Paintings.—

Spirits of turpentine, 2 ounces.

Canada balsam, 1 ounce.

Mix both together. Before applying the varnish, size the drawing with a solution of isinglass in water, when dry apply with a soft camel's hair brush.

Varnish for Boots and Shoes.—

Take half a pound of gum shellac and break it into small pieces, put into a good sized bottle and cover it with alcohol, cork it closely, and place it in a warm place, shake it several times a day, then add a piece of camphor as large as two walnuts, shake it frequently. If good alcohol is used, it will dissolve in two or three days. It is then ready for use. Shake well before using. Apply with a small piece of sponge fastened on to wire.

It will dry in about five minutes and makes a beautiful gloss. This is also an excellent application for harness.

A good Method for making Picture Varnish.—

Pale picked gum mastic, 2 and half pounds.

Glass powdered very fine and dried, 3 quarters of a pound.

Best turpentine, 1 gallon.

Put the mass into a clean tin can, and cork securely, place it on a hard substance, and wheel it back and forth until the gum is dissolved. Set it aside for a few minutes, strain it through muslin into a bottle and let it settle. It is not ready for use under eight or nine months, it is then very tough and clear. This is a valuable picture varnish.

A Colorless Varnish.—

Take of pure white wax 1 pound, melt the wax by a gentle heat, and then add warm alcohol, 1 pint. Mix thoroughly, and pour the liquid upon a marble surface to dry; then grind it to a perfectly smooth paste, add alcohol as required. Next put the compound into a marble mortar and make an emulsion with three and a half pints of alcohol, gradually adding the alcohol, then strain. This varnish is used for paintings. When dry, apply heat by passing an iron over it to render it transparent. When cold, polish with a linen cloth. This varnish will protect pictures for any length of time.

A Varnish for Baskets, Card Boards, &c.—

Take any colored sealing-wax desired, and break it into small pieces, and add enough rectified alco-

hol to cover it. Let it stand in a warm place for 48 hours, or until dissolved. Before varnishing the article give it two coats of sizing, prepared as follows. Dissolve the best isinglass in boiling water, and let it flow over the article to be varnished. Afterward varnish with a brush and let it dry. This is a valuable varnish for card baskets, fret-work, &c.

Glues and Cements.

Tragacanth Mucilage.—

Gum Tragacanth, powdered, 1 drachm.

Glycerine, 6 drachms.

Mix together, and add by degrees, 10 ounces of water. This is a good paste. By adding a little acetic acid it will prevent fermentation.

Mucilage for Glass or Polished Surface.—

Mucilage made by the above recipe is excellent for adhering labels, or similar objects on glass or polished surfaces. The glycerine prevents the paste from drying and cracking. A very little glycerine is needed.

To make soft Sealing Wax for Diplomas.—

Yellow wax, 16 ounces.

Olive oil, 1 ounce.

Turpentine, 3 ounces.

Melt all together, if coloring is needed use cinnabar.

A Paste for Office Use.

Gum arabic, 1 ounce.
Glycerine, 3 drachms.
Water, boiling, 3 ounces.

Dissolve the gum arabic in the boiling water, and add the glycerine.

A Paste for Soda or Seltzer-water Bottles.—

Make a paste of rye flour and glue, 1 pound of each, to which add linseed oil varnish, half ounce, turpentine, half ounce. Mucilage prepared in this way is not affected by dampness.

A good Mucilage for Household Use.—

Gum arabic, 3 ounces.
Vinegar, 3 ounces.
White sugar, 1 ounce.
Water, 3 ounces.
Mix, and apply as usual.

How to prevent Glue from Cracking.—

Frequently in glueing articles the glue becomes brittle, and cracks; to prevent this dry and brittle condition, the addition of a small quantity of glycerine mixed with the glue will be found to accomplish the desired end.

How Good Strong Glue is Made.—

Dissolve an ounce of the best isinglass in 1 pint of water by a gentle heat; strain this solution through a piece of cloth, and add to it 1 ounce of the best glue, previously soaked in water for 24 hours; then add 1 gill of vinegar. After the whole has dissolved, put it on the fire and boil, then

strain. This glue will be found well adapted for any kind of work requiring extra strength.

To prevent Glue from Souring.—

By stirring a small quantity of muriatic acid into glue when it is being made, will retain the glue in the same condition for a long time, and prevent its souring.

How to make Glue without Heat.—

Take any amount of glue desired, and use common whiskey instead of water. Put both together in a bottle and let them stand for three or four days, when it will be ready for use without boiling. It is ready for use at all times except in very cold weather when it should be set near the fire, or in warm water before using. Isinglass made in the same manner is an excellent cement for leather.

To make Paper-hangers Paste.—

Take 4 pounds of wheat flour and mix into a paste with sufficient cold water to form a stiff batter, beating it well to take out all lumps; then add 2 pounds of alum; have ready some boiling water, and pour it quickly over the batter, stirring rapidly, let it boil for about 20 minutes and then cool. When it is ready for use put one pint of cold water over the top to prevent its skinning. Before using thin with cold water. Where great adhesiveness is required add half ounce of powdered resin to each half gallon of the above batter. In dissolving the resin, set the pan containing the mixture over the fire stirring constantly until it thickens. To reduce the paste use gum arabic water.

Another recipe for making Paste.—

Take two and a half ounces gum arabic and dissolve it in two quarts of water, thicken to a paste with wheat flour. Add to this a mixture of two and a half ounces of alum and one and a half ounce of sugar of lead, then heat the solution to boiling point, and set it aside to cool.

A Paste for laying Cloth or Leather on Table Tops.

To one pound of wheat flour add two tablespoonfuls of finely powdered resin; alum one spoonful. Mix all together and put into a pan and add water, stirring constantly until a cream is formed, then place it over the fire, and stir until a stiff paste is made. Be careful and do not let it burn. Empty it into a pan and cover until cold. It is then ready for use.

How to Paste Cloth or Leather on Table Tops.—

Spread the paste evenly on top of the table, and lay the cloth upon it, smoothing it with a flat piece of wood, let it remain until dry; next trim the edges but not too close for if you cut it close at first it will shrink in drying. If leather is used instead of cloth it must first be moistened, and then spread the paste upon the table and proceed as above.

Recipe for Liquid Glue.—

Best white glue, 16 ounces.
Dry white lead, 4 ounces.
Rain water, 2 pints.
Alcohol, 4 ounces.

Dissolve the glue and lead in the water, by placing the vessel containing the mixture into a pan of hot water. When dissolved add the alcohol and let it remain a few minutes longer on the fire. This makes a superior glue.

To make Green Sealing Wax.—

Shellac, 4 ounces.
Venice turpentine, 2 ounces.
Resin, one and a half ounce.
Sulphuret of arsenic half ounce.
Mineral blue, half ounce.

Mix together, and color with a mixture of yellow and indigo.

A Cement for Uniting Stones, &c.—

Resin, 4 ounces.
Wax, half ounce.
Finely sifted plaster of Paris, 1 ounce.

Melt together. Clean well the articles to be joined, and warm it until hot enough to melt the cement. Spread the cement lightly on both sides of the article, then press them together very closely, so as to leave as little of the cement as possible between the joints. The thinner the layer of cement in all cases, the more firmly it will adhere.

A very Useful Cement.—

Take alum and plaster of paris, equal parts mixed well in water, and applied in the liquid state forms a hard composition, and a very useful cement.

A Cement for Fastening Iron to Iron.—

Litharge and glycerine stirred into a paste, rapid-

ly hardens, and makes an excellent cement for iron upon iron, and especially for adhering iron to stone, it is insoluble and not affected by strong acids.

Cement for Fastening Knives and Forks into their Handles.—

Resin, 1 pound.

Sulphur, 8 ounces.

Melt them together, and reduce to powder, then mix half of the quantity with half as much iron filings, fine sand or brick dust. Fill the cavity of the handle with the cement, then heat the stem of the knife or fork and insert it into the cavity; when cold, it will be firmly fixed in its place. The remainder of the cement keep for future use.

Waterproof Cement.—

Resin, 4 pounds.

Linseed oil, 1 pint.

Red lead, 2 ounces.

Mix all together, and stir in pulverized sand until the proper thickness is obtained. Apply warm. This cement readily becomes hard, and is durable and waterproof. Used for leaky house roofs.

Cement for Plumbers.—

Black resin, 1 pound.

Melt, and stir in two pounds of brick dust, sometimes a little tallow is used. This makes a good cement for plumbing.

Cement for Glass and Crockery.—

Take mastic, 2 ounces.

Dissolve in just enough alcohol to make a liquid,

then take 2 ounces of isinglass, and let it soak until it softens; next dissolve the isinglass in sufficient alcohol to form a stiff glue. Add finely pulverized ammonia, 1 ounce. Warm the two compounds over a slow fire until thoroughly mixed, bottle and seal tight. This cement solidifies in about fourteen hours. In using, place the bottle in a little warm water, also heat the articles before joining them, being careful to have them well cleaned. Glass and crockery mended with this cement, are as strong as they were before being broken. This is an excellent cement for other articles.

Cement for Bottles.—

Take resin, 1 ounce.

Bees-wax, 1 ounce.

Melt them together, and add three-quarter ounce of finely powdered red chalk, then a small quantity of neat's foot oil, and let the whole boil 2 minutes, remove it from the fire, and stir two or three times; if too thick, add a little more of the oil. It is then ready for use. This cement is used for sealing corks in bottles.

A Cement for Sealing Corks in Bottles.—

Sealing wax, quarter pound.

Resin, quarter pound.

Bees wax, 2 ounces.

Melt all together, until the mixture froths, then stir with a tallow candle; as soon as melted, dip the mouths of the corked bottles into the liquid and leave them to dry.

Cement for Volatile Liquids.—

Very finely ground litharge and concentrated glycerine mixed together and painted around the cork, after it is fitted into the bottle, will prevent the escape of the most volatile liquids. It quickly dries and becomes extremely hard. It is easily scraped off the cork by means of a knife when it is necessary to open the bottle.

To mend Ornaments of Alabaster or Plaster of Paris.—

To join together alabaster or plaster take the white of an egg, thickened with finely powdered quick-lime, or finely powdered plaster paris mixed with a small amount of water; apply to the surface of the broken article and press firmly together.

Recipe for mending Crockery Ware.—

Take lime and the white of an egg equal quantities. To prepare for use, take only enough egg to mend one article at a time and scrape the lime, then mix the two together thoroughly. Apply quickly to the edges and press together firmly. This is a strong cement, and easily applied.

A Colorless Cement.—

Take powdered rice and mix with a little cold water, then add hot water gradually until proper thickness is obtained, stirring constantly; boil for 1 or 2 minutes using for the purpose an earthen vessel. This makes a beautifully white and almost transparent cement. It is used principally for fancy paper work.

Cement for mending Marble or Alabaster.—

Vinegar, half pint.

Milk, half pint.

Add the vinegar to the milk which forms a curd then add the white of 5 eggs, well beaten, and pulverized plaster paris sufficient to form a paste. This cement resists water unless very hot. Useful in joining small pieces of marble together.

Methods of Cleaning Silver.

How to Remove Stains from Knives.—

Take a potato and cut it into two pieces, dip one of the pieces into brick-dust, such as is used for knife-cleaning, and rub the knives with it. This process of cleaning knives is much preferred to using a cloth.

How to clean Silver after it is Soldered.—

Make the silver very hot, and set it aside to cool; when cool boil it in alum water, and it will be as bright and clean as when new.

How Silver-ware can be protected to Prevent Tarnishing.—

First warm the silver, to be protected from tarnishing, then apply a thin solution of collodion diluted with alcohol, using a soft brush for the purpose. Silver-ware treated in this way will remain untarnished for years.

Powder for cleaning Silver and Plated Ware.—

Jeweller's rouge, quarter pound.

Prepared chalk, three-quarter pound.

Mix. Or take putty powder quarter pound, half pound burnt hartshorn, 1 pound prepared chalk, and 1 ounce rose-pink; mix. Apply with a cotton or linen rag.

How to clean Silver Ware.—

Take some hot soap suds and pour into it 2 teaspoonfuls of ammonia, then put the silver into the suds and wash it well, using a finger-brush for the purpose.

Another method of cleaning Silver or Plated Ware.

Take one quart of water, and put into it one ounce finely powdered hartshorn, and place it on the fire to boil; then throw in the silver, and after they have remained a short time take them out, and polish well with prepared chalk. Flannel rags boiled in the above solution and hung up to dry, are excellent for polishing silver, as well as for cleaning brass door knobs.

How to clean Silver Plate.—

Whiting finely powdered and moistened with a little sweet oil, is very fine for cleaning silver. Let it dry on the silver, and rub it off with chamois leather or a woolen cloth. Silver well done in this manner will stay clean a long while.

A remedy for removing Egg Stain from Spoons.—

Take a little common salt, moisten with water between the thumb and finger, and rub it on

the stain briskly for a few seconds, and the stain will quickly disappear.

A remedy for removing Dark Stains from Silver.

The most inveterate stains on teaspoons and other silver ware can be removed by pouring a little sulphuric acid into a shallow vessel, and wetting a soft rag with the solution, and rubbing it on the silver until the dark stains disappear, then apply a coating of powdered whiting mixed with whiskey or alcohol.

How Ink Stains can be removed from Silver.—

It frequently happens that silver ink-stands and other pieces of silver become discolored with ink. In such cases a little chloride of lime made into a paste, and rubbed upon the stain will completely eradicate it.

Recipes for the Flower Garden and Field.

How to Restore Faded Flowers.—

You can generally restore faded flowers, by immersing them half way up their stems in hot water, and allowing them to remain in the water until it cools, then remove them and cut off the ragged portion of the stems, and place them in clean cold water. A great number of faded flowers may be

restored in this manner. There are a number of delicate flowers which nothing can restore.

To Preserve Flowers.—

Place the vase containing the cut flowers in a flat dish filled with water, then take a glass shade or bell glass, and place over the vase, making an air-tight chamber. By this means the air surrounding the flowers will be constantly moist, if the dish is kept filled with water. This is an excellent way of keeping flowers, for those who love to have them around them. A rose bud or small spray of flowers may be experimented with, by placing them in a saucer, and turning a glass tumbler over it. A small piece of camphor dissolved in the water, will greatly assist in keeping them.

How to Raise Hyacinths in Winter.

Place the bulbs in glasses or earth, and set them in a dark closet to sprout. If put in glasses, the water should not be higher than 1 inch below the bulb, until the roots have reached the water, then fill the glasses up, place a piece of charcoal in the water, and set them in the sun to grow. If a little care is taken, you will soon be amply repaid for your trouble.

To Change the Color of Flowers by Charcoal.—

The light faded hue of a rose, can be changed to a lively rose color, by covering the earth in the pot, about an inch thick with pulverized charcoal. Both white and violet petunias, are equally sensitive to its action, it gives great vigor to the red and violet

of the flower, the white petunias becoming varied with red or violet tints, and the violet with bluish or almost black tints.

To assist the Growth of Roses.—

Place soot obtained from the pipe or chimney of a wood fire into a pitcher, and pour hot water upon it. When cool, pour off the water, and occasionally water the rose plants with it. Its effects are wonderful in strengthening the growth of the plants, and flowers.

Recipe to Hasten the Blooming of Flowers.—

Sulphate of ammonia, 2 ounces.
Nitrate of potash, 1 ounce.
Sugar, half ounce.
Water, 1 pint.

Dissolve the mixture together, and place it in a closely corked bottle. For flowers in pots, add a few drops to the water, used to moisten them, for hyacinths or bulbous-rooted plants, put 6 or 8 drops into the water of a hyacinth glass or jar.

To Destroy Worms in Flower Pots.—

Securely cork all the drainage holes in the pot, and flood it several days with lime water. You will have no further trouble with them.

How to Preserve Flowers.—

Put into the water, which contains the flowers a little saltpetre or carbonate of soda. Flowers treated in this way may be preserved for 2 weeks.

Another Method for Preserving Flowers.—

Take the flowers as soon as gathered, and dip them in perfectly limpid gum water, allow them to drain two or three minutes, and arrange them in a vase. Flowers may be preserved for many months in this way, as the gum water forms a complete coating, and preserves their shape, and color long after they become dry.

To prevent Cattle from Barking Trees.—

Take two-third the quantity of cow's dung and half of lime. Mix together with a little water, enough to make a thick wash, and lay the paste on the stem of the trees, as far as the cows can reach.

How to prevent Maggot in Onions.—

Make some strong lime-water and add to it as much soot (from wood ashes) as will make it into a thin paint, and water the crop with the liquid the moment the maggot or grub makes its appearance. This also is an excellent stimulating manure for increasing the weight of the crop. Ground intended for a crop of large onions, should be prepared in the autumn and watered with a mixture of sulphuric acid, strongly diluted with water. Make it strong enough to burn the tongue. This preparation will destroy every animal in the soil, and the winter rains will entirely destroy the effects before spring,

How to destroy Maggots in Roses.—

Take half a bushel of powdered unslacked lime, and 5 ounces of powdered sulphur. Mix these well

together and add water enough to make a thin paste, and let the whole boil for about an hour. Then add soot, previously mixed in water enough to darken the mixture. Lay this paste all over the stock and head of the roses with a brush during the latter part of March.

To prevent Insects and Moss on Fruit Trees.—

Fruit trees should be washed well every two years in a strong brine, so as to dampen the bark, stem and branches. This not only destroys the moss and insects of all kinds, but is advantageous to the trees.

How to Prevent the Bottom of Plant-sticks from Rotting.—

Dip the bottom of the sticks as far as they are inserted in the ground into hot tar, three or four times, this will preserve them a long time.

To Prevent the Accumulation of Gum in Fruit Trees.—

Wash and clean the parts well where the gum has accumulated, then stop it up well with a paste made of horse dung, clay and tar. This will prevent the accumulation of the gum.

How to Protect Potatoes and other Roots.—

Tuberous roots as those of the dahila, pæonia tuberose, &c., intended to be planted in the following spring, are preserved through the winter in dry earth. Roots of all kinds may be preserved in an ice house, until the return of the natural crop. By

the lowering of the temperature, vegetation is so much suspended that all roots intended to be kept fresh for replanting, can be preserved unimpaired.

An excellent Artificial Manure for Wheat and Grass.—

Crude potash, 7 pounds.
Salt, 25 pounds.
Bone dust, 50 pounds.
Plaster paris, 50 pounds.
Wood ashes, 5 bushels.

Mix the whole ingredients together. It is then ready for use.

How to Keep Cucumbers Fresh.—

Take fresh cucumbers, and put them in a box just made to fit them. Bury the box in some dry sand, covering it over to the depth of a foot. If placed in a box without hay or moss, they will remain for two weeks as fresh as when first plucked. Melons can be preserved in the same manner.

Miscellaneous Recipes.

RECIPE FOR THE PREPARATION OF HOME-MADE WINES.

To every four pounds of fruit, add three pounds of sugar; water, 1 gallon; cream of tartar dissolve one and a quarter ounces; brandy two to three per cent. Flavor. This makes an excellent family wine.

No. 2. To every five pounds of fruit, add four pounds of sugar; water, 1 gallon; cream of tartar, one and a quarter ounces, dissolved as above; brandy, two to three per cent.

No. 3. As the above, adding two pounds of fruit to two of sugar, this makes a very superior wine, excellent without brandy; two and a half pounds of raisins may be substituted for each pound of sugar. These wines may be made from any of the fruits of the season.

A PROCESS FOR MAKING BLACKBERRY WINE.

Take a quantity of ripe blackberries and press out the juice, until you have obtained four and a half gallons, wash the remaining substance in about 5 gallons of water, to each gallon of water, add 6 pounds of white sugar. Shake the compound so that the sugar will be well dissolved, then pour the juice (which was previously squeezed from the berries) into the syrup. Pour the contents into a cask, and throw a covering over the bung hole, and put the cask aside where it will be unmolested. Fill the cask entirely full, reserving some of the mixture for future use; let it ferment for 3 or 4 weeks, then refill the cask and cork it tightly, nail a piece of leather over the hole and let it remain until the following spring.

HOW TO MAKE CIDER WINE.

Put aside some new cider, and leave it to ferment from two to three weeks. After a lively fermentation, add to each gallon of the cider from one two pounds of crushed sugar, let it ferment, tasting it now and then, to see if the proper taste is obtained, next pour out a quart of the cider, then add quarter ounce of sulphate of lime to each gallon of cider, stir it until

completely mixed, and return it to the fermenting liquid. Shake it a few minutes and set it aside to settle. When the cider has become clear, draw off carefully and bottle. If the corks are not pressed down tight for a few days, you will have a sparkling cider wine which can be kept any length of time.

A RECIPE FOR GRAPE WINE.

Take twenty pounds of ripe grapes, and pour over them six and a half quarts boiling water. Set it aside to cool; when sufficiently cool, put the grapes in a clean cloth, and squeeze well, then place the residue with the juice in a vessel and cover tightly, let it remain three days. Again, squeeze out the juice, and add eleven pounds of sugar. After letting it stand a week, skim off the top and bottle. Do not drive the corks in too tight.

HOW TO MAKE WHITE WINE.

Boil together eighteen pounds of white sugar in six gallons of water, add the white of two eggs well beaten; as soon as a scum rises to the top, remove it, and put into it quarter of a peck of white elder berries. Remove them from the fire. When the liquid is nearly cool, add six spoonfuls of lemon juice, and stir it well; then add five spoonfuls of yeast, agitate a few minutes briskly. Let it stand a few days and stir occasionally, then put six pounds of raisins unstoned, into a cask, and pour the liquor over it, leave the cask open (with a piece of gauze tacked over the bung hole) for three or four weeks, then bung the cask tightly and bottle in six months. This makes an excellent wine when well kept.

SUPERIOR TABLE MUSTARD.

Take of the best ground mustard 1 pound, fresh chervil quarter ounce, parsley quarter ounce, celery quarter ounce, and tarragon quarter ounce; 1 garlic, 1 teaspoonful of cloves, 12 anchovies well chopped. Grind them well together and add 1 ounce salt, enough sugar to sweeten, and water sufficient to form into a thin paste. Beat all together thoroughly and put into a pot, then take a red-hot poker and thrust into it; afterward add a little vinegar.

A FEW REMARKS ABOUT PREPARING CATSUP.

In preparing catsups, pickles, etc., only vessels of stoneware or earthenware should be used, as salt and vinegar corrodes copper, lead, and pewter, and makes the results poisonous. Even a plated spoon left in a bottle of catsup for some time will render its contents poisonous. Dangerous attacks of vomiting, colic, and diarrhœa frequently result from neglect of these precautions.

TO KEEP A CONSTANT SUPPLY OF CHEAP VINEGAR.

To 1 quart of vinegar add 1 gallon of molasses and 11 gallons of soft water. This mixture will become good vinegar in about three weeks. Put the contents into a cask or keg with the bung-hole open but protected against insects with gauze.

HOW TO STRENGTHEN WEAK VINEGAR.

Turn the vinegar out of the vessel and heat it scalding hot, set it aside to cool, when luke warm put in a piece of alum the size of a filbert and a piece of brown paper wet with molasses. Let it stand two weeks; if it does not sharpen in that time the vinegar is worthless, or freeze it and remove the ice which forms on the surface. The water of the vinegar alone freezes leaving the acetic acid at the bottom.

TO MAKE CIDER VINEGAR.

Take 10 gallons of apple juice and let it ferment, then add 8 gallons of cider for producing a second fermentation, let it ferment for about two weeks, and add 8 gallons more fresh cider. Now stop the bung-hole with a bottle leaving the neck downward. When it produces a good vinegar taste, draw off half into a cask and set it in a cool place. It is ready for use, as soon as the liquid clears. The balance can be retained for making more cider, if needed. When making the vinegar a moderate degree of heat is necessary, and free access of external air.

HOW TO MAKE QUICK VINEGAR.

Molasses, 1 quart.
Yeast, 1 pint.
Warm water, 3 gallons.

Put the mixture into a cask, leaving the bung-hole open, but protecting it with gauze against insects.

TO MAKE RASPBERRY VINEGAR.

Infuse 2 pounds of raspberries with 1 pint of vinegar for two weeks and strain. It is then ready for use.

PICKLES.

Never use any but the best cider vinegar in making pickles, place them in glass or hard stone-ware unglazed; keep them well covered with vinegar; examine frequently and pick out all the soft pieces. As soon as the pickles show any sign of softening strain off the vinegar and boil, adding to each gallon a cupful of sugar, and return it while hot, back in the pickle jar.

TO REMOVE RESIN SPOTS FROM SILK.

When stains are caused by wax, turpentine, resin, or any substance of a resinous nature, it can readily be removed by use of pure alcohol. Oftentimes, when common turpentine is employed to remove paint, grease or varnish from silk, a stain is left which presents as objectionable an appearance as the stain itself. The resin which is held in solution by the turpentine, occasions the stain which remains in the silk after the spirituous portion has evaporated. By applying alcohol with a clean sponge, the stain can instantly be removed, the alcohol dissolving the resin. Moisten the silk stains with the alcohol, allow it to remain for a few minutes, after which fresh alcohol is applied with a sponge, rubbing it briskly. Then wipe it as dry as possible and afterward leave it to dry perfectly in the open air.

TO REMOVE VARNISH, PITCH, OR OIL-PAINT STAINS.

When pitch, varnish or oil-stains have become dry, soften them with a little butter or lard, before using turpentine or soap. Chloroform will generally remove paint from a garment, when everything else fails. Benzine is another good vehicle.

TO REMOVE GREASE SPOTS.

It is frequently most difficult, and often impossible to remove grease spots without injury to the color of the fabric. Much

depends upon skillful manipulation. Although various ingredients are employed ; good castile soap is the best. Ox-gall is another excellent remedy ; it removes grease, and can be used with almost any color to fix and brighten it ; it has a greenish tinge, which prevents it being used for white articles. Aqua ammonia is also good.

TO REMOVE IRON STAINS.

Take a basin or saucer, pour into it a little hydrochloric acid, making it slightly warm. Dip the stain into the acid for about one minute, then wash the cloth well, first in water and afterward in a little soda and water. Oxalic acid may be used instead, but it is not so effective. Be sure and remove all traces of acid from the cloth.

TO REMOVE GREASE FROM SILK OR VELVET.

Dip a clean cotton rag into chloroform, rubbing the spot lightly and rapidly, then finish with a clean dry cloth. Be careful to use these precautions, or otherwise a stain may be left. Benzine will also remove paint or grease from the most delicate fabric.

HOW TO ERASE GREASE STAINS FROM WALL PAPER.

Marks of oil on wall paper where persons have rested their heads, can be taken out by mixing pipe clay with water, to the consistency of cream ; apply it to the spot, and let it remain until the following day; then erase it with a penknife or brush.

HOW VARNISH CAN BE REMOVED FROM OIL PAINTINGS.

First wash the picture with a weak solution of carbonate of ammonia, wiping it off with a wet sponge, as soon as its object is completed. Do not allow it to remain too long, as it will injure the oil colors. A thick coating of wet fuller's earth laid over the varnish, and left long enough to soften it, is another good remedy, it may then be removed by a wash.

AN EXCELLENT WAY OF CLEANING OIL PAINTINGS.

Put into half pound of Genoa soap, cut very fine, 2 quarts of strong ley, leave them on the fire for half an hour and then strain through a cloth. Apply with a brush to the picture, if

the dirt is not all removed apply a second time, and then wipe with a sponge. After which take a little nut-oil warmed and rub over the picture, and put it aside to dry. It will make it look as bright as when it came out of the artist's hands.

STAINS FROM MOURNING DRESSES AND BLACK CRAPE REMOVED.

To a handful of fig-leaves add 2 quarts of water, place it over the fire and boil down to a pint. Strain the liquid and put it away for use. Crape, cloth, bombazine, etc., sponged with this solution, can be cleaned from all spots or stains.

HOW TO STIFFEN SILK.

Take either beer or ale mixed with water, or a weak solution of gum arabic. Wet the silk on the wrong side and iron while damp. By this method, old flimsy silk can be made stiff for trimming.

TO TAKE OUT MILDEW.

Mildew can readily be removed by applying a strong lather of yellow soap on the article and then a little salt and starch on that. Rub it thoroughly into the garment and put it in the sunlight, or apply salt and lemon juice to the linen, previously soaping and wetting it on both sides. Expose it to the sun for several hours.

A GOOD PROCESS OF WASHING RED FLANNEL.

Take a quart of cold water, and sprinkle in a handful of flour, let it boil from ten to fifteen minutes. Pour it into some warm suds and place the flannel into it. Do not rub the flannel, but sluice it up and down in the water; then rinse it through several waters, and hang up to dry. Castile soap is a better article for washing woolen garments than the common yellow soap.

A VALUABLE RECIPE FOR CLEANING SILKS.

Soft soap, ¼ pound.
Brandy, 1 teaspoonful.
Alcohol, half pint.
Water, half pint.

Mix. Spread with a sponge on each side of the silk, keeping the silk smooth, rinse in clean water 2 or 3 times, and iron on the wrong side.

TO TAKE OUT OLD BLOOD STAINS.

Iodide of potassium, quarter ounce.

Water, 1 ounce.

Mix, and wash the stains with the liquid or saturate the stains with the fluid, and let remain 20 or 25 minutes, and then wash off with water.

TO PROTECT KID GLOVES.

Persons who perspire freely, will find that injury to the gloves will be prevented by rubbing, or sprinkling upon the hands common corn starch before putting on their gloves.

HOW TO PRESERVE CARPETS.

Before laying a carpet upon the floor, if the regular padding is not to be used, cover the floor with large sheets of paper to prevent the dust from rising between the boards. A carpet will last twice as long if this precaution is taken.

A SIMPLE METHOD OF SHARPENING A RAZOR.

Put the razor for half an hour in water in which has been added one-twentieth part of sulphuric or muriatic acid, and after letting it remain several hours, set it on a hone. This is a simple but very effectual way of sharpening a razor.

TO RENOVATE WOOLEN CLOTHES.

Take one-half ounce of ammonia-water; one-half ounce sulphuric ether, and three ounces of water. Mix. Apply with a sponge, and cleanse with warm water. Then press with a hot iron, using a wet towel over the goods; while the steam is rising brush the nap with a clothes brush.

TO TAKE GREASE FROM RIBBONS.

Lay the ribbon evenly on a board and wet it thoroughly with a cloth or sponge. Next take a ribbon block a little wider than the ribbon, and wind the ribbon tightly around it, and let it dry. When dry wrap in brown paper for use.

HOW TO BLEACH STRAW BONNETS.

Take a deep box, have it air tight if possible, place at the bottom a stone, and on the stone a flat piece of red hot iron or a pan of charcoal, on which scatter powdered brimstone; close the lid and let the bonnet remain over night. For bleaching straw it is best to soak the goods in caustic soda, and afterward make use of chloride of lime. The excess of chlorine is afterwards to be removed by hyposulphite of soda. There should be hooks on the box on which to hang the bonnet.

A FRAGRANT DISINFECTANT.

A few drops of oil of sandalwood dropped on a hot shovel, will diffuse a most delightful perfume through the room.

A GOOD DISINFECTANT.

If onions are placed in a room where there is small-pox, the onions will blister and decompose rapidly. They will also prevent the spread of the disease. As a disinfectant they have no equal.

CHLORIDE OF LIME AS A DISINFECTANT.

Chloride of lime is a great purifier. To 3 gallons of water use 1 pound of the lime, the clear solution is the best. To purify a room sprinkle it upon the carpet. For the water-closets, drop a quantity of the crude article down the pipes. Wherever there are offensive gases, sprinkle it around and the smell will disappear.

HOW TO DISINFECT SLAUGHTER-HOUSES AND STABLES.

Mix together chloride and hypochloride of zinc. It possesses the properties of assimilating freely with the liquid matter of the slaughter-house and not tainting the meat with any unpleasant odors.

TO MAKE A GOOD FAMILY SOAP.

Shell-lime or quick-lime, 3 pounds.
Common washing soda, 3 pounds.
Water, 5 quarts.
Place all together and boil for 30 minutes, and let it stand

over night to settle; then draw off the ley and add 1 pound of common resin, and 7 pounds of fat. Boil for half an hour, and stand until cool, when cold cut into bars for use.

A GOOD WASHING COMPOUND.

Dissolve 1 pound of hard soap in 6 gallons of water, by a slow heat and add quarter ounce of turpentine, half ounce of spirits of ammonia. Set it aside to cool. Pour from 1 to 3 table-spoonfuls in a boiler of warm water, and put the clothes in it without rubbing, and let them come to a boil; then remove from the fire, and wash through the hot suds, and rinse. Or put the clothes to soak over night, adding to each tub of clothes 1 teacupful of the liquid. This is an elegant washing fluid.

HOW TO CAN FRESH FRUIT.

Take as many fresh cans as needed, and fill them quite full with the fruit, and solder them tight; then, pierce a small pin hole in the top of each can to allow the air to escape; place the cans in a boiler, and pour into the boiler, boiling water sufficient to reach to within an inch of the top of the cans; keep the water to boiling point until the air ceases to escape, and then seal the air holes with solder. Next remove the cans from the water, and wipe dry and allow to cool. When cold, if the cans have become perfectly air tight, the vacuum inside will cause the top and bottom of the cans to hollow inward. To ascertain whether all the air has been expelled, place one drop of hot water on the air hole, the absence of bubbles passing through it, will denote that the cans are ready for sealing.

TO CAN PEACHES WITH COLD WATER.

Pare and halve the peaches, place them in a can, and pack as closely as possible without any sugar. When the can is full, pour in enough cold water to fill all the places between the peaches, and to reach to the brim of the can. Let it stand for about six hours, then pour over them enough water to replace what has sunk away. Seal up the can, and it is ready for use. Peaches canned in this way, retain all their flavor and freshness.

HOW TO PRESERVE FRESH FRUIT.

Glycerine of the best quality rubbed over fruit is said to preserve them for several months. Before eating, the glycerine should be removed by washing them in cold water.

RECIPE FOR MAKING FERMENTED YEAST.

Take wheat flour, and mix it in two quarts of water to the consistence of thick gruel. Let it boil slowly for half an hour and set it aside to cool; when nearly cold stir into it ½ a pound of sugar and four spoonfuls of yeast. Put the contents into a large jug and place it near the fire until it ferments. Pour off the liquor from fermentation and throw it away; keep the remainder in the jug, securely tightened, in a cool place for future use. About five tablespoonfuls is sufficient to use for baking purposes.

TO MAKE YEAST WITHOUT FERMENTING.

Take nine pints of cold water and stir into it two ounces of hops. Boil them together half an hour, and strain; then add two ounces table salt and half a pound of sugar. Set it aside to cool; when nearly cold put one pound of sifted flour into a basin and make a hole in the centre; add the liquor by degrees until all is added, stirring constantly. Let it stand in a warm place for several days, stirring occasionally. Boil about eight potatoes, mash them and mix with the flour; after standing twenty-four hours a dark scum will arise at the top, stir it thoroughly, and strain. Put in a stone jar and cork. Use about three-quarters of a cupful for an ordinary baking.

HOW TO IMPART A FINE FLAVOR TO TEAS.

Put into the tea-canister a few rose-leaves, or place 1 drop of the oil of roses, on a piece of brown paper and put it into the tea-canister among the tea leaves, and it will impart the flavor of roses so much admired.

TO MAKE TEA YIELD DOUBLE ITS AMOUNT OF STRENGTH.

If tea be ground like coffee, it is said to yield double its amount of exhilarating qualities, as well as strength.

TO DESTROY RED ANTS AND COCKROACHES.

Borax is one of the best exterminators of cockroaches and red ants. Sprinkle it around the surbases and cupboards, and in every place where a roach has made its appearance, and you will find that they will all disappear.

TO CATCH RATS AND MICE.

Make a bait of a drop of oil of rhodium, and set it in the trap and in a short time the trap will be full. Rats and mice possess great fondness for the oil, and will run any risk to obtain it.

HOW TO KILL BED BUGS.

Wash the article infested with the bugs, in a weak solution of chloride of zinc. This is an effectual banisher of these pests.

BED-BUG POISON.

Turpentine, 4 ounces.
Camphor, 2 ounces.
Corrosive sublimate, 1 ounce.
Alcohol, 1 pint.

Mix all together, and use as a wash. Apply with a feather or brush.

HOW TO KILL COCKROACHES.

Boil 1 ounce of poke-root in 1 pint of water until the strength is extracted. Mix it with molasses and spread upon plates, then set it in places which are infested by these insects and they will soon disappear.

CHARCOAL AS ANTISEPTIC.

Meat either before or after it is cooked may be kept for a considerable length of time, even in warm weather, by being closely surrounded by pieces of common charcoal. Charcoal immediately deprives putrid meat of its bad smell. It should be carefully preserved, out of contact with the air, until about to be employed.

HOW TO PRESERVE EGGS.

Linseed oil rubbed upon the shell of an egg will protect it from any alteration for a considerable time. Or coat the eggs

with a couple of layers of collodion. To preserve the its natural state it is necessary to seal up the pores until they become air-tight.

HOW TO RESTORE RANCID BUTTER.

Wash the butter well in good fresh milk, and afterward with cold spring water.

SUPERIOR SMELLING SALTS.

Liquid ammonia, half pint.
Otto of roses, half drachm.
Otto of bergamot, quarter drachm.
Otto of rosemary, half drachm.
Otto of cloves, half drachm.

Mix together by agitation in a wide-mouthed bottle, being careful to have it tightly corked. Take a piece of sponge and cut it in fine pieces and drop it into the bottle, and pour over it as much of the salts as the sponge will absorb.

TO PURIFY WATER.

If two ounces of permanganate of potash be thrown into a cistern of water, it will render the foulest water sweet and pure.

Permanganate of potassa in solution, is one of the most efficient of all disinfectants. A tea-spoonful in a soup-plate of water left in a room quickly removes any disagreeable or offensive odors. It is used to correct the smell of guano from ships. One ounce of the crystallized salt costs as much as a pound of the crude, which is quite as good for deodorizing purposes.

RECIPE FOR MAKING MOULD CANDLES.

Suspend the wick in the centre of the mould, by placing a thin stick through the loop at the top, then take a darning needle, and thread it with coarse thread, and fasten it to the end of the wick, at the bottom of the mould, take another stick corresponding with the one at the top, and securely tie the wick by means of the thread, going from one to the other until completed, then pour the tallow, previously melted, into the mould, letting it stand from five to seven hours in a cool place, next cut the threads from the sticks, at the bottom of

the mould to loosen the candles, when they can be removed and put away for use. Before using the mould lay it for one or two hours in cold water to prevent the candles from sticking.

A PROCESS FOR HARDENING TALLOW FOR MAKING CANDLES.

Take 5 pounds of tallow, and place it over the fire, and stir into it one pound of dissolved alum, stirring slowly. It is then ready for use.

HOW TO HARDEN TALLOW WITH RESIN.

To every two pounds of tallow, use half a pound of resin. Melt as in the preceding recipe, this will make a much harder candle than tallow alone, and give a more brilliant light.

PROCESS FOR HARDENING TALLOW.

Take five pounds of tallow, and place it over the fire, stir into it one pound of pulverized alum, previously dissolved in water. Candles made from tallow hardened in this way, will be white, and as hard as wax. Instead of alum, resin can be used if desired, in proportion of quarter pound of resin to one of the tallow. Resin is said to give to the candle a superior lighting power, but darkens the tallow a little.

TO PREPARE TALLOW FOR SUMMER USE.

Add a little bees-wax to the tallow, and boil it gently for two or three hours for two days, adding weak ley. Skim off the scum that rises to the top. Set it aside to cool. When cold take it from the pot, and scrape off the soft portion underneath and give it a second boiling, again adding weak ley. The third day skim it in water containing half pound of alum, and half pound of saltpetre to fifteen pounds of the tallow. When entirely cold, take it off the water. It is then ready for use. This process makes hard white tallow for summer use.

HOW GOOD LEY CAN BE MADE.

Beach, maple, or almost any kind of hard wood ashes can be used for making soft soap. Hickory is perhaps the best. A common barrel set slanting two or three inches from the ground

makes a good leach. In the bottom of the leach put a few sticks, and spread over them a piece of carpet, then add a few inches of ashes, and from three to ten quarts of lime, fill with ashes and after dampening, fill the barrel to the top, packing firmly in the centre. To obtain the full strength of the ashes, remove them after each days filtering. Stir them up and replace the ashes. For second filtering use boiling water.

RECIPE FOR MAKING SOFT SOAP.

To four gallons of ley, add twelve pounds of grease, boil up slowly, and as the ley is obtained from the filtering, keep adding, stirring frequently, until about a barrel of soap is secured, or boil the grease and ley together and put in a barrel, and gradually add the best of the ley ; but the best soap is made by boiling.

ANOTHER RECIPE FOR MAKING SOFT SOAP.

Take an iron pot, and pour into it three gallons of boiling water, then break eight pounds of potash into small pieces, and drop into the water. Melt in another vessel, eight pounds of pure fat ; next take a barrel and put into it, three or four gallons of hot water and add alternately, first a dipperful of ley and then of fat : stir all the time, and keep on adding the ley and fat, a dipperful at a time of each until all is added. Afterward add hot water a little at a time until the barrel is full. Place it in the cellar for three or four months, and you will have an excellent soft soap.

Dr. Blood's Cooking Formulas.

DR. BLOOD'S BAKING POWDER.

MOST of the baking powders now in use are not only unhealthful, but they are absolutely dangerous, inasmuch as they lead to serious disorders of the stomach, liver and kidneys. I have analyzed several of the prominent baking powders that are now on the market and have discovered large quantities of alum, phosphates, lime, white clay, etc. This discovery has led me to compound and keep on hand a supply of baking powder that is *perfectly pure*, and to remove from the consumer the temptation to purchase an adulterated and injurious mixture, called "baking powder," I have placed the price of mine below that charged for several brands that contain the objectionable and injurious adulterations before named. My baking powder will pay your grocer a smaller profit than any other baking powder in the market; he may, therefore advise the use of other preparations and decline to keep mine. If mine cannot be obtained through your grocer I will send it by mail, *postage paid*, upon receipt of its price, 22 cents for a half pound can, or 40 cents for a pound can. Never purchase baking powder in bottles or in bulk, as they are generally adulterated when thus put upon the market; *my baking powder is put up in tin boxes* containing one-half pound, and one pound of the powder. My baking powder is cheaper than cream of tartar and soda, and will make more healthful bread, cake, or pastry, and of a much lighter and more pleasing quality. A trial of my preparation will settle the question of its value.

C. L. BLOOD, M. D.
38 West 30th St.,
New York.

No. 1. RYE BREAD.

Take 1 pint rye flour, ½ pint wheat flour, ½ pint corn meal, and sift together. Add 1 teaspoonful salt, 1 teaspoonful sugar, and 2 teaspoonfuls of Dr. Blood's baking powder; rub in 1 teaspoonful of cold lard: add ¾ pint of milk, and mix the whole into a batter as for cake. Bake in a well greased tin, in a moderate oven forty-five minutes.

No. 2. BOSTON BROWN BREAD.

Take ½ pint of rye flour, ½ pint wheat flour, 1 pint corn meal, and sift thoroughly together; add 1 teaspoonful salt, 1 teaspoonful brown sugar, and 2 teaspoonfuls of Dr. Blood's baking powder. Rub through sieve two thoroughly boiled potatoes, diluting them with the water, and when quite cool, use it to mix the flour as into a batter; put same in a well greased covered mould, and let it simmer one hour in a saucepan half full of boiling water; then remove, uncover mould, and finish cooking by baking it thirty minutes in a fairly hot oven.

No. 3. OAT MEAL BREAD.

Boil half pint oat meal in 1½ pints salted water, for one hour, to which add ¾ pint milk, and set whole aside to cool. Mix together ½ pint flour, 3 teaspoonfuls Dr. Blood's baking powder and ½ teaspoonful of salt; and when the oatmeal is perfectly cold, add it to the flour, &c., mixing same thoroughly together. Bake in a well greased tin, in a moderate oven for forty-five minutes.

No. 4. RICE BREAD.

Boil 1 cupful of rice, in 1 pint of water, with a pinch of salt in it, until the water is entirely absorbed; then dilute with ½ pint of milk; take 1½ pints of flour, 1 teaspoonful of sugar, 2 teaspoonfuls of Dr. Blood's baking powder, and ½ teaspoonful of salt. When rice preparation is perfectly cold, mix thoroughly with the flour, &c., and bake in a well greased tin, in a moderate oven forty minutes.

No. 5. CORN BREAD (PLANTATION STYLE.)

Take 1½ pints corn meal, ½ pint of flour, 1 tablespoonful of

sugar, 2 teaspoonfuls of Dr. Blood's baking powder, and 1 teaspoonful of salt, and sift thoroughly together ; rub in 1 tablespoonful of lard ; add two eggs well beaten, and mix with 1¼ pints of milk, into a moderately stiff batter. Bake in a shallow cake pan, in a rather hot oven thirty minutes.

No. 6. GRAHAM BREAD (FOR INVALIDS.)

Take 1 pint of graham flour, 1 pint of wheat flour, 1 teaspoonful of sugar, 2 teaspoonfuls of Dr. Blood's baking powder, 1 teaspoonful of salt, and sift together. Add 1½ pints of milk, and mix quickly into a soft dough. Bake in well greased tins, for twenty-five minutes, in a rather hot oven.

No. 7. ROYAL APPLE BREAD.

Take half a pint well-stewed apple sauce, and dilute with half a pint of milk ; Sweetening with white sugar to suit taste. Sift together one and a half pints of flour, 2 teaspoonfuls of Dr. Blood's baking powder, 1 teaspoonful of salt, and mix thoroughly into a stiff batter. Bake thoroughly in a well greased tin, forty minutes in a moderate oven.

No. 8. GRAHAM ROLLS.

Take 1 pint of graham flour, 1 pint of wheat flour, 2 teaspoonfuls of Dr. Blood's baking powder, 1 teaspoonful of salt, and mix together. Rub in 1 tablespoonful of lard, cold ; add ¾ pint of milk, and mix the whole into a dough that can be handled. Turn out the dough on a board well floured, and form into rolls, the size of a large finger ; lay on greased baking sheet, well separated, and wash their surface with a little milk to glaze them. Bake ten to fifteen minutes in nice hot oven.

No. 9. VIENNA ROLLS.

Sift together 1 quart of flour, 2 teaspoonfuls of Dr. Blood's baking powder and half teaspoonful of salt. Rub in one tablespoonful of cold lard, and mix with one pint of milk, into a firm dough, which can be easily handled. Turn the dough out on a well floured board, and roll with rolling pin to the thickness of half an inch Cut with a large round cutter, and fold together, or double it. Place them well separated, on greased

baking sheet, wash with a little milk, to glaze them, and bake fifteen minutes in hot oven.

No. 10. FRENCH ROLLS.

Sift thoroughly 1 quart flour, 2 teaspoonfuls Dr. Blood's baking powder, and 1 teaspoonful salt; rub in 1 tablespoonful cold lard, add 1 pint milk and mix into a firmer dough than ordinary, turn out on to a well-floured board, and divide the dough into pieces half the size of an egg, which mould with the hands into short thick rolls, tapering sharply at the ends; place two of the pieces side by side together, and unite them by pinching the ends together; wash the surface with milk, and bake on a greased tin, in a hot oven 15 minutes.

No. 11. OATMEAL ROLLS.

Take half pint oatmeal, 1 pint wheat flour, half pint graham flour, 2 teaspoonfuls Dr. Blood's baking powder, 1 teaspoonful salt, and mix with three-quarters of a pint of milk into a firm dough; turn the dough on to a board well floured, and roll with rolling-pin to the thickness of half an inch; cut with large round cutter, and double over in centre, laying one half over on the other; lay separately on greased tin, wash over with milk, and bake 15 minutes in a good hot oven.

No. 12. BREAKFAST ROLLS.

Take one and a half pints flour, half pint white corn meal, 2 teaspoonfuls Dr. Blood's baking powder, 1 teaspoonful salt, and sift together, rub in 1 tablespoonful cold lard, and mix the whole with three-quarters of a pint of milk into a firm dough, turn the dough on to a board, well floured, and divide into pieces half the size of an egg; roll with the hands each piece until it is as long and half the thickness of the little finger, wash them over with milk, and bake on a greased tin, in a hot oven 8 or 10 minutes.

No. 13. TEA BISCUITS.

Take 1 quart flour, half a teaspoonful of sugar, 2 teaspoonfuls Dr. Blood's baking powder, 1 teaspoonful salt, and sift thoroughly

together; rub in 1 tablespoonful cold lard, and mix with 1 pint of milk into a firm, consistent dough; turn dough on to board well floured; roll with rolling pin to the thickness of three-quarters of an inch, and cut with small round cutter, wash with milk, lay close together on greased tin, and bake 20 minutes in a good hot oven.

No. 14. RUSKS.

Take one and a half pints of flour, 2 tablespoonfuls sugar, 2 tablespoonfuls Dr. Blood's baking powder, half teaspoonful salt, and sift together; rub in two tablespoonfuls cold lard, add 3 eggs well beaten, and 1 teaspoonful each extract cinnamon and nutmeg. Mix the whole with three-quarters of a pint of milk into a dough soft enough to handle; flour the board, turn out the dough and roll with the hands into round balls, a little smaller than an egg; bake in a shallow greased pan, close together, for 30 minutes in a moderately heated oven, when cold sift sugar over them.

No. 15. SUGAR BISCUITS.

Take one and a half pints flour, 1 coffee cup sugar, 2 teaspoonfuls Dr. Blood's baking powder, 1 pinch salt, and sift well together, rub in one tablespoonful lard, add two eggs well beaten, 1 teaspoonful extract nutmeg, and mix whole with half pint milk into a soft batter; drop on a greased tin with a tablespoon, sprinkle tops with sugar, and bake 8 or 10 minutes in a hot oven.

No. 16. LONDON CRUMPETS.

Take one and a half pints flour, 1 teaspoonful sugar, 2 teaspoonfuls Dr. Blood's baking powder, half a teaspoonful salt, and sift well together, add one egg, well beaten, 1 teaspoonful extract cinnamon, and mix whole with one pint milk and cream, (equal parts) into a firm batter, bake in muffin rings half filled, on well greased hot griddle; bake on one side only, and serve hot with cheese.

No. 17. SALLY LUNNS.

Take 1 quart flour, 2 teaspoonfuls Dr. Blood's baking powder,

1 teaspoonful salt, and sift together; rub in two-thirds cup of cold butter, and add 4 eggs well beaten; mix whole with half pint milk, into a firm batter-like cake. Bake in two round cake tins for 25 or 30 minutes, in a hot oven.

No. 18. NEW ENGLAND JOHNNY CAKE.

Take 1 pint of flour, 1 pint of corn meal, half cupful of sugar, 2 teaspoonfuls of Dr. Blood's baking powder, half teaspoonful salt, and sift well together. Rub in 1 tablespoonful of cold lard, add 3 eggs, well beaten, and mix the whole together, with 1½ pints of milk, into a firm batter. Bake in a shallow, square cake pan, for forty-five minutes in a hot oven.

No. 19. CLARENDON BISCUIT.

Take 2 pints of flour, 2 tablespoonfuls of sugar, one and a half teaspoonfuls of Dr. Blood's baking powder, 1 teaspoonful of salt, and sift together. Rub in 4 tablespoonfuls of cold lard, beat well two eggs, and add, with 2 tablespoonfuls caraway seeds, to flour, &c. Mix whole with 1 pint of milk, into a firm dough. Roll dough on well floured board, to the thickness of one quarter inch. Cut into biscuits, fair sized, prick with fork, and bake in a well greased tin, in hot oven fifteen minutes.

No. 20. ENGLISH MUFFINS.

Sift together, 1 quart of flour, 2 teaspoonfuls of Dr. Blood's baking powder, half teaspoonful sugar, and 1 teaspoonful of salt. Mix with 1½ pints of milk, into a firm batter. Place muffin rings on a well greased griddle, heated all over, and half fill them. When well risen to top of rings, gently turn them with a cake turner. Bake to a buff color—not too brown, and when all are cooked, open in half, toast lightly, well butter them, and serve hot.

No. 21. YANKEE MUFFINS.

Sift together, half pint of corn meal, one and half pints of flour, 2 teaspoonfuls of Dr. Blood's baking powder, 1 teaspoonful of sugar and 1 teaspoonful of salt; rub in 1 tablespoonful of cold butter; add two eggs well beaten, and 1 teaspoonful of

extract of cinnamon. Mix whole with 1 pint of milk, into good stiff batter. Have griddle regularly heated all over and well greased, on which place the muffin rings, also greased, and half fill them with the batter. When well risen to top of rings gently turn them with cake turner, and bake to nice brown on both sides.

No. 22. FRENCH MUFFINS.

Take one and a half pints of flour, 2 teaspoonfuls of Dr. Blood's baking powder, and half teaspoonful of salt. Rub in 2 tablespoonfuls of butter cold ; add 3 eggs well beaten, and 1 cupful of strained honey. Mix with two thirds pint of milk, or thin cream, into a batter as for pound cake. Carefully grease the sponge cake tin, fill half full, and bake in a steady oven seven or eight minutes.

No. 23. SWISS MUFFINS.

Take one and a half pints of flour, 2 teaspoonfuls of Dr. Blood's baking powder and half teaspoonful of salt. Rub together 2 tablespoonfuls of butter and 3 tablespoonfuls sugar in a bowl, to a light cream, to which add the yolks of four eggs, one at a time. Whip the whites of the eggs, with half a pint milk to a dry froth, and mix the whole quickly and carefully, so that the whites of the eggs do not get beaten out. Bake in well greased muffin pans, half filled, in hot oven for twelve minutes.

No. 24. ENGLISH EGG MUFFINS.

Take 1 quart of flour, 1 tablespoonful of sugar, 2 teaspoonfuls of Dr. Blood's baking powder, and 1 teaspoonful of salt and sift together. Rub in 1 large tablespoonful of cold lard, and add 3 beaten eggs. Mix whole quickly with 1¼ pints of milk, to a firm batter, and bake in well greased muffin pans, two-thirds full, for fifteen minutes in nice hot oven.

No. 25. OATMEAL MUFFINS.

Take 1½ pints of flour, 1 cup of oat meal, 2 teaspoonfuls of Dr. Blood's baking powder, 1 teaspoonful of salt, and sift together. Rub in 1 tablespoonful of cold lard, and add 2 beaten

eggs. Mix the whole in 1 pint of milk to a thin batter; fill muffin pans, well greased, two-thirds full, and bake fifteen minutes in good hot oven.

No. 26. RICE MUFFINS.

Take 1 pint flour, 1 tablespoonful sugar, one and a half teaspoonful Dr. Blood's baking powder, 1 teaspoonful salt and sift together; then dilute 2 cupfuls of cold boiled rice with half a pint of milk, to which add three eggs well beaten; mix the whole into a firm batter, and bake in well-greased muffin pans, two-thirds full, in hot oven for 15 minutes.

No. 27. ENGLISH FRUIT MUFFINS.

Take 1 pint corn meal, half pint flour, 2 teaspoonfuls Dr. Blood's baking powder, 4 teaspoonfuls sugar, half teaspoonful salt, and sift together; rub in 1 large tablespoonful butter, to which add 2 beaten eggs and a half pint of any kind of berries (or fruit peeled and sliced.) Mix whole with three-quarters pint milk into a firm batter, and bake in well greased muffin pans, two-thirds full, for 20 minutes in hot oven.

No. 28. SOFT WAFFLES.

Take 1 quart flour, 1 teaspoonful sugar, 2 teaspoonfuls Dr. Blood's baking powder, half teaspoonful salt, and sift together; rub in 1 large tablespoonful of butter, and add 2 eggs well beaten. Mix whole with one and a half pints milk into a consistent batter, thin enough to run easily from pitcher. Heat waffle iron well and carefully grease each time, fill two-thirds full, close it, and when brown turn over; serve hot.

No. 29. RICE WAFFLES.

Prepare a batter the same as for soft waffles, into which stir 1 cupful of well-boiled rice, and bake in same manner as soft waffles.

No. 30. SWISS WAFFLES.

Take one and a half pints flour, one and a half teaspoonfuls Dr. Blood's baking powder, half a teaspoonful salt, and sift together; then rub 3 tablespoonfuls butter, and 2 tablespoonfuls

sugar together, to a light cream, add 4 eggs, one at a time, beating 3 or 4 minutes between each addition, also add 1 teaspoonful each extract vanilla and cinnamon. Mix whole with half pint thin cream into a good batter. Heat waffle iron well, and carefully grease each time, fill two-thirds full, close it, and bake (on both sides) 4 to 5 minutes. Serve hot, with powdered sugar.

No. 31 GRAHAM GRIDDLE CAKES.

Take 1 pint graham flour, half pint wheat, half pint corn meal, 1 large teaspoonful brown sugar, 2 teaspoonfuls Dr. Blood's baking powder, half teaspoonful of salf, and sift together; add one egg well beaten. Mix whole together with half pint each of milk and water, into a batter thin enough to run from a pitcher in solid stream; have griddle hot and well greased; bake in cakes size of tea saucer, and carefully brown them on both sides; pile one on the other, lightly buttered, and serve hot, using maple syrup or sugar and cream.

No. 32. BUCKWHEAT GRIDDLE CAKES.

Take one and a half pints buckwheat, half pint flour, 2 large teaspoonfuls Dr. Blood's baking powder, 1 teaspoonful brown sugar, 1 teaspoonful salt, and sift together; add two beaten eggs, and mix whole together with 1 pint milk into a batter as described in 31, and bake on hot, well greased griddle in cakes size of tea-saucer; carefully brown them on both sides. Serve hot, using maple syrup or molasses.

No. 33. INDIAN GRIDDLE CAKES.

Take two-thirds quart corn meal, one-eighth quart of flour, 1 teaspoonful brown sugar, 2 large teaspoonfuls Dr. Blood's baking powder, half teaspoonful salt, and sift together, and add 2 eggs well beaten; mix whole with 1 pint milk into a batter as described in 31, and bake on hot, well greased griddle, to a nice brown, and serve hot with molasses or maple syrup.

No. 34. RICE GRIDDLE CAKES.

Take 1 pint flour, 1 teaspoonful sugar, one and a half teaspoonfuls Dr. Blood's baking powder, half a teaspoonful salt,

and sift together; add to it 2 cupsful cold boiled rice, diluted with one beaten egg and a little more than a half pint milk; mix whole into a batter as described in 31, and bake into large cakes, browning them nicely, and serve with maple syrup.

No. 35. CRUSHED WHEAT GRIDDLE CAKES.

Take one and a half pints flour, 1 teaspoonful brown sugar, 2 teaspoonfuls Dr. Blood's baking powder, half a teaspoonful salt, and sift together; boil 1 cupful crushed wheat in three-quarters of a pint of water for 1 hour, and when quite cold add to it 1 beaten egg, and dilute with 1 pint of milk; mix whole into a batter as described in 31, and bake on hot griddle, delicately brown on both sides.

No. 36. FLANNEL GRIDDLE CAKES.

Take 1 quart flour, 1 tablespoonful sugar, 2 large teaspoonfuls Dr. Blood's baking powder, 1 teaspoonful salt, and sift together; add 2 beaten eggs, and mix whole with one and a half pints of milk into a batter as described in 31, and bake in cakes size of a tea-saucer, on a good hot griddle; brown nicely, and serve hot with maple syrup.

No. 37. CORN STARCH CRACKERS.

Take one and a half pints of flour, half pint of corn starch, 1 teaspoonful of sugar, 1 teaspoonful of Dr. Blood's baking powder, half teaspoonful of salt, and sift together. Rub in 1 tablespoonful of cold lard, and mix the whole with half pint of milk, into a firm dough. Turn out the dough on a well floured board, and work with a few quick turns, and let it set under a cloth for about ten minutes. Then roll with rolling pin quite thin, cut into crackers with round cutter, pricking each with a fork, and wash over with milk. Bake on a slightly greased tin, in a hot oven, for seven or eight minutes. Store when cold.

No. 38. FIFTH AVENUE CAKE.

Take 1 cupful of butter, and one and a half cupfuls of sugar, and rub together to a light cream; beat in one cupful of eggs, 2 at a time, beating four or five minutes between each addition. Sift together, 1 pint of flour, and 1 teaspoonful of Dr. Blood's

baking powder, and add to the butter, &c., also add 1 cupful of dried cherries, 1 teaspoonful extract of vanilla, half cupful of cream, and mix the whole together into a firm batter. Bake in cake tin, paper lined, for about forty minutes in a steady moderate oven.

No. 39. CITRON CAKE.

Take one and a half cupfuls of butter, and 2 cupfuls of sugar and rub together to a light cream ; beating in six eggs, 2 at a time, say five minutes between each addition. Sift together 1 pint of flour, and 1 teaspoonful of Dr. Blood's baking powder, and add to the butter, &c., also add 1 cupful citron, cut in large thin slices, and 1 teaspoonful extract of nutmeg. Mix the whole into a firm batter, and bake in shallow cake pan, paper lined, about fifty minutes in a steady, moderate oven.

No. 40. CREAM CAKE.

Take ¾ cupful of butter and 2 cupfuls of sugar, and rub together to a light cream ; beating in five eggs, two at a time, beating a few minutes between each addition. Sift together 1¼ pints of flour, and add 1 teaspoonful of Dr. Blood's baking powder, which with 1 cupful of milk, add to the butter, &c., and mix the whole to a rather thin batter. Bake in well greased jelly cake pans, in hot oven for about fifteen minutes, when cold spread between each layer the following :

PASTRY CREAM.

Boil one and a half pints of milk, with two cupfuls of sugar, to which add three large tablespoonfuls of corn starch, dissolved in a little water. As soon as it reboils, withdraw from the fire, and beat in the yolks of five eggs ; return to the fire a couple of minutes to set the eggs, and then add one large tablespoonful of butter, and two teaspoonfuls extract of vanilla. When cold, use as directed.

No. 41. COCOANUT CAKE.

Prepare as for cream cake (40) spreading between the layers one cupful of grated cocoanut, to two cupfuls of pastry cream. Powder the top with sugar.

No. 42. CUP CAKE.

Take 1 cupful of butter, and 2 cupfuls of sugar, and rub together to a cream adding four eggs, two at a time, beating four or five minutes between each addition. Sift together 3 cupfuls of flour, and 1 teaspoonful of Dr. Blood's baking powder, which, with half a teaspoonful of extract of almonds, add to the butter, &c. Mix the whole into a consistent batter, and bake in well greased cups for twenty minutes, in a rather hot oven.

No. 43. CURRANT JELLY CAKE.

Prepare in same manner as for cream cake (40) substituting currant jelly for the pastry cream.

No. 44. COCOANUT MERINGUE.

Prepare in same manner as for cream cake (40) then beat the whites of six eggs to a dry froth, adding 1 cupful of sugar, and 1 cupful of cocoanut. Mix thoroughly but gently together, and when the cake is ready, cover the top and side with it. When thoroughly covered, place the cake in a cool oven until delicately browned.

No. 45. ENGLISH CURRANT CAKE.

Take one and a half cupfuls butter, and 2 cupfuls sugar, and beat to a light cream, and add 7 eggs, 2 at a time, beating 4 or 5 minutes between each addition. Then sift together one and a half pints flour, and 1 teaspoonful Dr. Blood's baking powder, and add to the butter, etc., together with 2 cupfuls currants, half cupful citron, cut in thin slices, and 1 teaspoonful extract nutmeg; bake in pan lined with thick paper, for 1 hour and 25 minutes in a good steady oven.

No. 46. IMPERIAL CAKE.

Rub together one and a half cups butter and 2 cupfuls sugar, to a light cream; add 12 eggs, 2 at a time, beating from 5 to 6 minutes between each addition. Sift together 1 quart flour, and half a teaspoonful Dr. Blood's baking powder, to which add one and a half cupfu's raisins, half cupful blanched almonds, 1 cupful chopped citron, 1 teaspoonful each extract nutmeg and

almonds, and 1 gill each of brandy, wine and cream; mix whole together into a consistent batter, and bake in pan well lined with thick paper, for 2 hours in a steady oven.

No. 47. DELICATE CAKE.

Rub together one and a half cupfuls each of butter and sugar to a light cream, sift one and a half pints flour with one and a half teaspoonfuls Dr. Blood's baking powder, to which add the whites of 5 eggs, one at a time, beating a few minutes between each; also 1 teaspoonful extract of peach, and 1 cupful milk; mix whole together, with the butter and sugar, into a rather thin batter, and bake in a paper lined tin, for 50 minutes in a steady, hot oven.

No. 48 ABERDEEN CAKE.

Rub 1 cupful butter, with 2 cupfuls sugar, to a smooth cream; add six eggs, 2 at a time, beating a few minutes between each addition; sift together one and a half pints flour, and 1 teaspoonful of Dr. Blood's baking powder, and add to the butter, &c., also add 1 teaspoonful each extract orange and cinnamon; mix whole with 1 cupful milk, to a medium batter, and bake in paper lined tin in hot oven for about 40 minutes.

No. 49. NUT CAKE.

Rub half a cupful butter with one and a half cupfuls sugar to a light cream, to which beat in 3 eggs; then add two and a half cupfuls flour, and one and a half teaspoonful Dr. Blood's baking powder, (well sifted together) half cup of milk and 1 cupful of the meats of any kind of nuts; mix whole into a firm batter, and bake in paper lined tin, for 35 or 45 minutes in a good, steady oven.

No. 50. GINGER CAKE.

Sift together one and a half pints flour, and one and a half teaspoonful Dr. Blood's baking powder; rub three-quarters of a cupful butter, with 2 cupfuls sugar, to a light cream, to which add 4 eggs, beating in 2 at a time, a few minutes between each, and 1 tablespoonful extract ginger; mix whole with 1 cupful milk to a medium batter, and bake in cake pan, 40 minutes in a good hot oven.

No. 51. GINGER SNAPS.

Rub half a cupful of butter, half cupful of lard, and 1 large cupful of brown sugar, into a smooth paste. Then rub in one quart of flour, and one and a half tablespoonfuls of Dr. Blood's baking powder, well sifted together, to which add, one tablespoonful of extract of ginger, and one teaspoonful of each extract of cloves and cinnamon. Mix the whole with one cupful of water, into a firm dough. Roll dough thin, on a well floured board, cut with round biscuit cutter, and bake on a greased pan, 8 to 10 minutes in a steady, hot oven.

No. 52. LOUISA CAKE.

Rub two-third cupful of butter with 3 cupfuls of sugar to a cream ; then rub in 1 pint of flour, and half teaspoonful of Dr. Blood's baking powder, sifted together, 1 cupful of milk, and 1 teaspoonful of extract of almonds. Mix the whole into a consistent batter, to which gently add, the whites of eight eggs, whipped to a dry froth. Again thoroughly mix, and bake in a shallow, papered cake pan, in a steady oven about forty minutes. Ice the bottom and sides, when cool with the following :

No. 53. WHITE ICING.

Take 3 cupfuls of extra fine sugar, half teaspoonful of cream tartar, 8 drops extract of rose, and the white of 3 eggs, and beat together in a bowl with a wooden spoon, for several minutes, until it maintains a thread like appearance, as it runs from the spoon. Then use as directed.

No. 54. SPONGE CAKE.

Whip together 7 eggs and 2 cupfuls of sugar, until thick and white ; add 1 cupful of flour, 1 teaspoonful of Dr. Blood's baking powder, 1 pinch of salt (well sifted together) and 1 teaspoonful extract of lemon. Mix quickly together, place in pan, lined with buttered paper, and bake thirty-five minutes in hot oven.

No. 55. WHITE SPONGE CAKE.

Sift together half cupful of flour, half cupful of corn starch, 1 teaspoonful of Dr. Blood's baking powder, to which add the

white of 8 eggs, whipped to a dry froth, and one teaspoonful extract of rose. Mix thoroughly together, and bake in a well buttered cake pan, for about thirty minutes, in a quick oven.

No. 56. PRINCESS CAKE.

Rub together 2 cupfuls each of butter and sugar, to a light cream, to which add ten eggs, two at a time, beating a few minutes between each addition, also add one quart of flour and one teaspoonful of Dr. Blood's baking powder (well sifted together) one cupful of citron, cut into thin slices, 2 cupfuls of currants, half cupful of blanched almonds, thinly sliced, half an orange peel cut thin and small, and one teaspoonful each extract of cinnamon and allspice. Carefully mix the whole into a soft batter, and bake in a shallow cake pan, well lined with stout paper, for about two and a quarter hours, in a steady, moderate oven.

No. 57. GOLDEN CAKE.

Rub two cupfuls of sugar, with ¾ cupful of butter, into a white cream, to which add the yolks of ten eggs, three at a time, beating one or two minutes between each addition; add one and a half pints of flour, and two teaspoonfuls of Dr. Blood's baking powder (well sifted together) one cupful thin cream, and one teaspoonful each, extract of nutmeg and lemon. Mix the whole into a firm batter, and bake in paper lined cake pan, for fifty minutes in a good, steady oven.

No. 58. POUND CAKE.

Rub 2 cupfuls of sugar, and one and a half cupfuls of butter together to a light cream, to which add seven eggs, three of them at a time, and the next two at a time, beating four or five minutes between each addition; add one and a half pints of flour, and one teaspoonful of Dr. Blood's baking powder, sifted together and one teaspoonful extract of nutmeg. Mix into a good smooth batter, and bake in paper lined cake pan, for about thirty minutes, in a steady oven.

No. 59. NEW ENGLAND LUNCH CAKE.

Rub together 2 cupfuls each of butter and sugar to a light

cream, to which add 2 cupfuls of eggs, two at a time, beating well, a few minutes between each addition; also add one and a half pints of flour, and one teaspoonful of Dr. Blood's baking powder, well sifted together, one teaspoonful each extract of cinnamon, nutmeg and rose, and one gill of wine. Mix the whole into a good firm batter, and bake in a shallow cake pan, thickly papered, for one and a quarter hours, in a moderate oven Ice the bottom and sides, when cold with white icing as (No. 53.)

No. 60. QUEEN'S POUND CAKE.

Prepare same as for pound cake (No. 58) and when baked and cool, cover with the following: Take one and a half cupfuls of sugar, whites of two eggs, one teaspoonful of lemon juice and one teaspoonful extract of rose, and beat together twelve or fifteen minutes with a wooden spoon; add one tablespoonful of vanilla chocolate, finely grated, and one cupful of blanched almonds pounded to a paste with a little water.

No. 61. JAVA CAKE.

Rub together 1 cupful butter, and 2 cupfuls sugar to a white cream, to which add 3 eggs, 1 at a time, beating a few minutes between each; then add one and a half pints flour, and one and a half teaspoonfuls Dr. Blood's baking powder (well sifted together), 1 cupful extra strong coffee, 1 cupful raisins, (cut in two), half cupful chopped citron, 1 teaspoonful each extract of nutmeg and allspice, and half cupful milk; mix whole into a good batter, and bake in paper lined pan for 50 minutes in a steady oven.

No. 62. OOLONG CAKE.

Prepare same as for Java Cake, No. 61, substituting 1 cupful extra strong tea for the coffee.

No. 63. ALMOND SPONGE CAKE.

Take 8 eggs and whip them thoroughly, for about 10 minutes; then boil one and a half cupfuls cut sugar, in one and a half gills water, until it will break quite brittle when taken up on spoon and cooled in a little water; then pour immediately on

the eggs, and continue whipping 15 or 20 minutes longer; then add one and a half cupfuls flour, half a teaspoonful Dr. Blood's baking powder, sifted together, and 1 teaspoonful extract of bitter almonds. Mix thoroughly together and bake in pan, well buttered, for 30 minute in a quick oven.

No. 64. BONANZA CAKE.

Prepare same as for Golden Cake, No. 57, substituting the whites of 10 eggs, instead of the yelks.

No. 65. COCOA-NUT SPONGE CAKE.

Prepare the same as for Almond Sponge Cake, No. 63, substituting for the almonds, 1 cupful grated cocoa-nut.

No. 66. NUT JUMBLES.

Rub together one and a half cupfuls butter, and 2 cupfuls sugar, to which beat in thoroughly 6 eggs; then add one and a half pints flour, half cupful cornstarch, 1 teaspoonful Dr. Blood's baking powder, well sifted together, and 1 teaspoonful extract of lemon; mix thoroughly to fine dough; roll dough rather thin on floured board, and then roll in half a cupful chopped peanuts, mixed with half a cupful granulated sugar; cut with biscuit cutter and bake on well greased tin, for 8 or 10 minutes, in a rather hot oven.

No. 67. GRAHAM CUP CAKE.

Rub two-thirds of a cupful of butter with 1 cupful of sugar to a light cream, to which beat in 2 eggs, one at a time, a few minutes between each; then add 2 cupfuls graham flour, 1 teaspoonful Dr. Blood's baking powder, well sifted together, half cupful of cream, and 1 teaspoonful extract of lemon; mix to a moderate batter, and bake in well greased cups, in a steady oven, for 20 minutes.

No. 68. HANOVER CAKE.

Rub 2 cupfuls butter, with one and a half cupfuls sugar to a light cream, to which beat in 8 eggs, two at a time, a few minutes between each addition; then add one and a half pints of flour, 1 teaspoonful Dr. Blood's baking powder, sifted together,

one and a half cupfuls of raisins, 1 cupful dried currants, half cupful cream, 1 teaspoonful each extract vanilla, nutmeg and cloves; mix whole into a firm batter, place in shallow paper-lined pan, sprinkle over top 1 cupful coarsely chopped almonds, and bake one and a half hours in a moderate oven.

No. 69. CHOCOLATE CAKE.

Prepare same as for Cream Cake, No. 40, spreading between the layers of cake the following:

Bring 1 pint of milk to a boil, stir in half a cupful grated chocolate, 1 cupful sugar, 2 tablespoonfuls cornstarch, and boil 5 minutes more; then remove from fire, and stir in rapidly the yelks of 3 eggs, return to fire to set the eggs; add 1 tablespoonful good butter; then cool and add 1 teaspoonful extract of vanilla; then spread as directed.

No. 70. SWEET CIDER CAKE.

Rub together 1 cupful of butter, with 3 of sugar, to a light cream; add one and a half pints of flour, 2 teaspoonfuls Dr. Blood's baking powder, sifted together, one and a half cupfuls sweet cider, and 2 teaspoonfuls extract nutmeg; mix rapidly as possible to a smooth batter, and bake in paper-lined pan, for 45 minutes, in a steady, quick oven.

No. 71. CURRANT CAKE.

Rub together 1 cupful each of butter and sugar, to a light cream, to which beat in 4 eggs, 1 at a time, a few minutes beating between each; then add 1 pint flour, 1 teaspoonful Dr. Blood's baking powder, sifted together, one and a half cupful currants, 2 teaspoonfuls extract of cinnaman and 1 of lemon; mix whole into a medium batter, and bake in paper-lined pan, in a moderate oven for about 50 minutes.

No. 72. APPLE JELLY CAKE.

Rub together 1 cupful butter, with 2 of sugar to a white cream, to which beat in 4 eggs, 2 at a time, beating 8 or 10 minutes between each addition; then add 3 cupfuls flour, one and a half teaspoonfuls Dr. Blood's baking powder, sifted together, and 1 cupful milk, and mix the whole into a thin batter

and bake in carefully greased jelly-cake pans; in meantime peel and slice 6 apples, and place them on the fire with 6 ounces sugar; when tender rub through a fine sieve, and add 1 teaspoonful butter, spread when cold, between the layers of cake, covering the cake with sugar, plentifully sifted over the top.

No. 73. CRULLERS.

Sift together 1 quart flour, 1 cupful sugar, and one and a half teaspoonfuls Dr. Blood's baking powder; rub in half a cupful butter and lard in equal parts, and add 2 eggs well beaten, ¾ pint milk and 1 teaspoonful extract nutmeg; mix into a dough, soft enough to conveniently handle; roll on a well-floured board with rolling-pin; cut into strips about a half inch wide, twist into various shapes, and fry in plenty of hot lard, to a light brown color; sift with sugar and serve.

No. 74. ALMOND CAKE.

Rub together 2 cupfuls of sugar with half a cupful of butter to a smooth cream, to which beat in 4 eggs, one at a time, beating a few minutes between each addition; then add one pint of flour, one and a half teaspoonfuls of Dr. Blood's baking powder, sifted together, half cupful blanched almonds, cut in fine slices, half teaspoonful extract bitter almonds, one glass of brandy and half cupful of milk. Mix into a medium batter and bake in a cake pan, for thirty minutes, in hot oven.

To blanche almonds, pour boiling water on them until the skins slip off easily.

No. 75. RIPE FRUIT CAKE.

Rub one cupful of butter with two and a half cupfuls of sugar to a cream, to which beat in 4 eggs, one at a time, beating a few minutes between each addition; then add one pint of flour, one teaspoonful of Dr. Blood's baking powder, sifted together, one cupful each, ripe raspberries, red currants, sliced canned peaches, and half cupful of milk. Mix into a firm batter, and bake in shallow pan, paper lined, in steady hot oven, for about fifty minutes.

No. 76. CLOVE CAKE.

Rub together one and a half cupfuls of butter, with 3 cupfuls of sugar to a light cream, adding 4 eggs, one at a time, beating a few minutes between each addition ; then add one and a half pints of flour, one teaspoonful of Dr Blood's baking powder, sifted together, one cupful of raisins, two teaspoonfuls extract of cloves and one cupful of milk. Mix into a firm, smooth batter, and bake into a shallow pan, for forty minutes, in a quick oven.

No. 77. CHOCOLATE CREAM CAKE.

Prepare same as for chocolate cake (No. 69) and finish as follows : Boil in small saucepan, one gill of water, one and a half cupfuls of sugar and half a cup of grated chocolate, until it becomes thick and looks like velvet ; remove from fire and add the whites of two eggs, without beating ; while hot cover sides and top of cake, and as it cools it will grow firm.

No. 78. HUCKLEBERRY CAKE.

Rub one cup of butter and two of brown sugar together to a light cream, adding 4 eggs, two at a time, beating a few minutes between each addition ; then add one and a half pints of flour, two teaspoonfuls of Dr. Blood's baking powder, sifted together, two cupfuls of huckleberries, one teaspoonful each extract of cinnamon and cloves to a consistent batter, and bake in paper lined pan, for fifty minutes, in a quick oven.

No. 79. PEACH SHORT CAKE.

Sift together one quart of flour, two teaspoonfuls of Dr. Blood's baking powder and one teaspoonful of salt, and rub in two tablespoonfuls of butter. Mix the whole with one pint of milk into a soft dough, just enough to handle well. Divide in half and roll each about size of breakfast plate. Bake on well greased tin, in hot oven, for twenty minutes ; and then separate the cake, if possible without cutting. Carefully peel and slice two dozen of peaches. Placing one-half of them on the bottom piece of the short cake, plentifully sprinkling them with

sugar and cream, and the rest of the peaches lay on the upper crust of the short cake ; again sprinkling plentifully with sugar.

No. 80. STRAWBERRY SHORT CAKE.

Prepare same as for peach short cake, No. 79, substituting strawberries for peaches.

No. 81. WHITE MOUNTAIN CAKE.

Rub together one cupful of butter, with two and a half cupfuls of sugar, to a light cream, to which add 3 whole eggs, one at a time, and 3 yelks, all at once, beating a few minutes between each ; then add one pint of flour, one and a half teaspoonfuls of Dr. Blood's baking powder, sifted together, one cupful of milk and one teaspoonful extract of vanilla. Mix into a light batter, and bake in a shallow pan, for forty minutes, in a moderate oven. Cover top of cake when cold with the following :

Beat one cupful red currant jelly, whites of 3 eggs and two cupfuls of sugar together, until stiff and light, then cover cake as directed.

No. 82. HIGHLAND COOKIES.

Take 2 cupfuls sugar, 1 of butter, and 5 eggs, and mix together smooth; add 1½ pints flour, ½ teaspoonful Dr. Blood's baking powder, sifted together, and 1 cup milk; mix into a soft dough convenient enough to handle well, roll thin on floured board, cut with biscuit cutter, and bake on well greased tin 5 or 6 minutes in a hot oven.

No. 83. MADEIRA CAKE.

Rub together 2½ cups butter, with 2 of sugar, to a light cream, to which add 7 eggs, 2 at a time, beating a few minutes between each addition; then add 1 teaspoonful of Dr. Blood's baking powder, sifted together, and 1 gill of Madeira wine; mix to a moderately stiff batter and bake in tin, thickly lined with paper, for 1¼ hours in a steady oven. When removed from oven, cover with the following:

No. 84. CLEAR ICING.

Mix smoothly together in a bowl, 1 cup of sugar, 1 table-

spoonful lemon juice, and the whites of 2 eggs, and pour over the cakes; if not hot enough to dry it, put it in the mouth of a a cool oven.

No. 85. PASTE No. 1.

Sift together 5 cupfuls flour, and ½ teaspoonful of Dr. Blood's baking powder, rub in 1 cupful each of cold butter and lard; add 1 cupful water and mix into a smooth dough.

No. 86. PASTE No. 2.

Sift 2 cups flour with ½ teaspoonful of Dr. Blood's baking powder, and place in a bowl; add ½ pound finely chopped suet, and 1 cupful water; mix into a firm, smooth dough.

No. 87. PASTE No. 3.

Sift together 3 cupfuls flour, ½ teaspoonful of Dr. Blood's baking powder and 3 tablespoonfuls sugar; rub in 1 large cup ful butter, add half cupful milk, and mix into a medium soft dough.

No. 88. PASTE No. 4.

Sift together 3 cupfuls flour, with 1 teaspoonful of Dr. Blood's baking powder, and form it into a ring on a pastry board, put in the centre the yelk of one egg, with a little salt, add a little ice-water and gradually mix the flour and egg, adding from time to time a little more ice-water, about 1 cupful in all, until a fine, smooth paste is made; place it for 15 minutes in the ice-box, then withdraw it and roll it to the size of a dinner plate; spread the dough, and place in the centre 2 cupfuls butter, carefully folding over the edges, so as to entirely cover it, turn the dough upside down, and carefully roll it out very thin; then reverse it three or four times, rolling it each side with a rolling pin; then place it on a thin tin in the ice-box until ready for use.

No. 89. PASTE No. 5.

Take 3 cupfuls flour, ½ teaspoonful of Dr. Blood's baking powder, sifted together, ½ cup lard and 1 cupful water, and mix into a firm, smooth paste, set aside to cool for 15 minutes;

then take 1½ cupfuls butter, place it in a clean, wet towel, well floured, and press from it the milk and salt; roll out the dough on a board well floured, put butter in centre and carefully fold the dough over it until it is entirely covered; roll lightly to the thickness of half an inch, turn it over, fold together twice, flour it and roll again as before; repeat this three times, when it is ready for use.

No. 90. CUSTARD PIE.

Take one and a half pints of milk, one cupful of sugar, four eggs and one teaspoonful extract of lemon ; beat well together and strain. Then line a well greased pie plate, with paste 3, (No. 87), the thickness of quarter of an inch. Fill while in the oven, with the milk, &c., and bake for twenty minutes, in a moderate oven.

No. 91. LEMON CREAM PIE.

Boil one and a half pints of milk, to which add three tablespoonfuls of corn starch, dissolved in a little of the milk. When it reboils, remove from fire and beat in one cupful of sugar, yelks of 4 eggs, two tablespoonfuls of butter, the juice of two lemons and 1 teaspoonful each extract of lemon, cinnamon and cloves. Pour into pie plates lined with paste 4 (No. 88) ¼ inch thick, and bake for 20 minutes, in good hot oven, until paste is thoroughly cooked.

No. 92. RASPBERRY PIE.

Line a pie plate with paste 5, (No. 89) and prick with a fork. Fill with 3 cupfuls of raspberries and 1 cupful of sugar, and cover with a top crust of the paste, cut a little larger than the other. Prick with a fork and bake. If fruit is ripe, they will steam tender, if not return to oven till cooked through.

No. 93. PEACH PIE.

Line pie plate with paste 4, (No. 88) and wet the edges. Peel, stone and slice 8 peaches, and carefully arrange them in the plate, covering them with 1 cupful of sugar. Cut six narrow strips of paste, and lay 3 each way across top, at right angles.

Wet again and lay a rim around edge. Wash the whole over with an egg, and bake 20 minutes, in a moderate oven.

No. 94. RHUBARB PIE.

Strip the skin from one and a half bunches of rhubarb, and cut it into small pieces. Stew it in a shallow pan (very fast) with 1½ cupfuls of sugar. When cold prepare the same as for peach pie, and bake fifteen minutes in a quick oven.

No. 95. APPLE PIE.

Peel, quarter and core 5 or 6 apples and stew with 1 cupful of sugar and one-third cup of water until tender; then remove, and when cold, add 1 teaspoonful extract of lemon. Fill pie plate lined with paste 4, (No. 88) wet edges and cover with thin crust. Wash with milk, and bake in steady, moderate oven, about 20 minutes.

No. 96. BLACKBERRY PIE.

Line pie plate with paste 4, (No 88,) put in 3 cupfuls of berries and 1 cupful of sugar Wet edges. Cover with thin paste. Wash with milk, and bake in quick oven twenty minutes.

No. 97. CHERRY PIE.

Line pie plate with paste 5. (No. 89.) wet the edges, fill with 3 cupfuls of cherries and 1 cupful of sugar. Cover with thin paste, and bake in quick, steady oven, 25 minutes.

No. 98. DEVONSHIRE PIE.

Line a deep pie plate with paste 4, (No. 88.) Take one and a half cupfuls stewed apples and 3 eggs, and beat together for 5 minutes, to which add 8 macaroons, beaten fine ; then add 1 tablespoonful melted butter, 2 tablespoonfuls of brandy, 2 tablespoonfuls of chopped citron, and 1 gill of cream. Mix well together and pour in plate. Wet edges of paste, lay on thin rim, wash with egg, and bake 25 minutes, in a moderate oven.

No. 99. RICE PIE.

Boil half cupful of rice, in half pint of water, and half pint of milk until very soft. Rub through a sieve, and then add to

it half pint cream, 3 beaten eggs, 1 cupful of sugar and a pinch of salt. Line pie plate as directed for custard pie, No. 90. Pour in the mixture, and bake carefully, 25 minutes in a hot oven.

No. 100. CRANBERRY PIE.

Line pie plate with paste 1, (No. 85,) fill with 3 cupfuls of cranberries stewed with one and a half cupfuls of sugar, and strained. Wet edges of paste ; cut 6 narrow strips, and lay 3 across each way, fastening the edges. Cover edge with a rim of the same; wash with egg, and bake in quick oven, until the paste is cooked.

No. 101. COCOANUT PIE.

Prepare same as for Custard Pie, (No. 90,) leaving out half pint milk, and adding 1½ cupfuls grated cocoanut.

No. 102. LEMON PIE.

Soak 2 soda crackers, crushed fine, in a bowl with 1½ cupfuls of boiling water; cover with a plate and when cold add 2 well-beaten eggs, 1½ cupfuls coffee sugar, the juice of two lemons, and the grated rind of one.

Line the pie plate with Paste 3, (No. 87,) and add the mixture; wet edges of paste, cover with a thin crust, wash over with milk, and bake 25 minutes in a quick oven.

No. 103. PUMPKIN PIE, No. 1.

Stew your pumpkin as follows: Cut it into small slices, without peeling, and put with half cup water into a shallow saucepan and cover tightly; when steam arises place it where it will not burn, and as soon as pumpkin is tender pour off the liquor and replace it where it will steam dry; strain when done and measure out 1 pint, to which add 1½ pints boiling milk, 1 cupful sugar, 2 teaspoonfuls ginger, 1 teaspoonful each cinnamon, cloves, nutmeg, and mace, and one pinch of salt; mix the whole well together and then add 3 eggs well beaten. Line pie plate same as for Custard Pie, (No. 90,) with Paste 1, (No. 85.) Pour

in the pumpkin prepared, and bake 30 minutes in a quick, steady oven until the pie is solid in centre.

No. 104. PUMPKIN PIE, No. 2.

Take 1 pint pumkin, stewed as for Pie 1, (No. 103.) and place in bowl; stir in half a cupful sugar, 2 tablespoonfuls molasses, 1 egg, and 1 tablespoonful extract ginger; then add half pint each of boiling milk and cream, and mix whole well together. Line plate as for Pie 1; pour in pumpkin and bake in good, hot oven 30 minutes, until solid in centre.

No. 105. LEMON CREAM MERINGUE PIE.

Prepare your pie same as for Lemon Cream, (No. 91); whip the whites of 4 eggs to a dry froth, to which gently add 1 cupful sugar; spread this over the top of pie, and replace in oven till a nice fawn color is obtained.

No. 106. MINCEMEAT, No. 1.

Pick, wash, and dry 7 lbs currants; stone 2 lbs raisins; remove the skin and sinews from three and a half pounds each of beef and suet; peel and core three and a half pounds apples; take half pound each of citron, orange, and lemon peel, and chop each ingredient separately, very fine; place in large pan, adding two and a half pounds coffee sugar, one ounce cinnamon, four nutmegs, half ounce each mace and cloves, one bottle good brandy and one bottle white wine; mix the whole thoroughly together, pack in jars and store in a dry, cold place; thus prepared it will keep from 12 to 18 months.

No. 107. MINCEMEAT, No. 2.

Take 2 lbs currants picked and washed; 1 lb stoned raisins; 2 lbs suet, free from skin, 4 ounces of orange peel and 2 of lemon; chop each ingredient separately, very fine, and place in large pan; add one and a quarter pounds coffee sugar, 1 teaspoonful each nutmeg, cloves, and cinnamon, and 2 gills each of red and white wine; mix whole thoroughly together, pack in jar and store in a cold place.

Line plate with Paste 5, (No. 89) put in the mincemeat, wet

the edges, cover, wash over with egg, and bake in quick oven 25 minutes.

No. 108. HUCKLEBERRY PIE.

Line plate with Paste 5, (No. 88); add three cupfuls huckleberries well washed and picked, and one cupful sugar; wet the edges, cover with paste, washing over with milk, and bake 20 minutes in quick oven.

No. 109. CHEESE CAKES.

Drain 2 quarts clabbard milk through a fine seive until it makes 2 cupfuls of curds; add to this 1 cupful sugar, yelks of 2 eggs, half cupful cream, 1 teaspoonful extract nutmeg, and 1 tablespoonful brandy; mix well together, and bake in patty pans lined with Paste 5, (No. 89), in quick oven for 10 minutes.

No. 110. ALMOND CHEESE CAKE.

Soak 1 cupful almonds in boiling water until they skin easily, and then pound them to a fine paste; add 1 cupful curd, half cupful sugar, half cupful cream, yelks of 3 eggs, and 1 teaspoonful extract rose; mix well together and bake in patty pans, lined with Paste 5, (No. 88), for 10 minutes in a moderate oven.

No. 111. COCOANUT CHEESE CAKE.

Mix together 1 cupful curd, 1 of cocoanut, 1 of sugar, 1 of cream, and the yelks of five eggs, and place on the fire in saucepan; when thick, remove from fire, and when quite cold add 1 teaspoonful extract rose.

Bake in patty pans lined with Paste 4, (No. 88), for 10 minutes in a steady oven.

No. 112. ENGLISH APPLE PUDDING.

Line an earthen pudding dish with Paste 2, (No. 86); pack in 12 or 14 apples, peeled, cored, and sliced; to which add one and a half cups of sugar, and 1 teaspoonful nutmeg; cover with paste, wet and pinch the edges together, and place in saucepan half full boiling water.

No. 113. BREAD PUDDING.

Cut the tops and bottoms very thin from 3 Vienna rolls, No. 9, and put them in 1 pint milk; when soaked, squeeze dry and place in a bowl; add half pint cream to the milk and place it on the fire; beat together 5 eggs, half cupful sugar, 1 tablespoonful butter, half cup currants, 1 tablespoonful chopped orange peel, and add to the soaked rolls; when the milk boils pour it over them, and stir the whole well together; bake in a well buttered pudding dish, in a steady oven for 40 minutes and serve with

No. 114. VICTORIA SAUCE.

Take 2 ounces grated chocolate and boil in half pint milk for five minutes, beat together the yelks of 2 eggs, half cup sugar, and half gill cream, and strain on the milk and chocolate; return to the fire and stir till thick as honey; then remove and add 1 teaspoonful extract vanilla.

No. 115. BLACKBERRY PUDDING.

Prepare as for Cottage Pudding, No. 123, adding one and a half cups blackberries, and serve with the following:

No. 116. SPICE SAUCE.

Take 1 cupful sugar, and boil in three-quarter pints water, for 20 minutes; remove from fire and add 1 teaspoonful each of extract mace, ginger, and cloves.

No. 117. BREAD AND BUTTER PUDDING.

Slice and butter 4 Vienna rolls, No. 9, and lay them in a well buttered pudding dish. Beat together 4 eggs and a cupful of sugar, to which add one and a half pints of milk and one teaspoonful extract of nutmeg. Pour over the roll, sprinkling between the slices half a cupful of currants. Bake in quick oven for 30 minutes, and serve with the following:

No 118. BRANDY SAUCE.

Take 2 tablespoonfuls sugar and 1 of water, and stir together on fire until very dark. Put this in half pint boiling water, to which add 1 cupful sugar, half teaspoonful corn starch, dis-

solved, and boil the whole for ten minutes. Strain, when ready to serve, and add half cupful brandy, and 1 teaspoonful each extract of vanilla and bitter almonds.

No. 119. CABINET PUDDING

Take 4 English muffins and cut them into very thin slices, and place a layer of them in a well buttered pudding dish. Then take 1 cupful each of dried cherries, apricots or any other preserved or canned fruits, and half a cupful blanched almonds, cut into thin strips, and place a layer of them on the slices; then another layer of slices, and so on, until all the ingredients are used. Then beat together 4 eggs, 4 yelks, 1 cupful sugar, half pint of milk; 1 pint of cream and 1 glass of wine or cordial, and pour over the fruit, &c. Let the whole stand half an hour before baking. Then set in saucepans, filled with boiling water till two-thirds of dish is covered. Steam it then for 1 hour, and carefully turn it on a dish and serve with

No. 120. CREAM SAUCE.

Set two-thirds pint of cream, in a stew-pan of boiling water, and when it has reached the boiling point, add half cupful of sugar. Then pour it on the whites of 2 eggs, well whipped, to which add 1 teaspoonful extract of vanilla and use.

No. 121. UNIVERSITY PUDDING.

Grate 3 stale English egg muffins, No. 24, in a bowl, pour 1 pint of milk over them, and let them stand covered for 20 minutes; then add 3 beaten eggs, half cupful of sugar, half cup of currants, quarter cup each chopped citron, orange and lemon peels, 1 tablespoonful of melted butter and mix whole well together. Bake in well greased cups, for twenty-five minutes, in a quick oven, and when ready to serve, turn out on plate, and serve with sauce 188, substituting wine for brandy.

No. 121½. BOILED BATTER PUDDING.

Sift together one and a half cupfuls of flour, 1 teaspoonful of Dr. Blood's baking powder and half teaspoonful of salt. Rub in 1 tablespoonful of cold butter, and 2 eggs well beaten, 1 pint of milk and ten drops extract of nutmeg. Mix whole

together into a firm batter and put into a well buttered dish. Set in saucepan of boiling water, covering two-thirds of pudding dish, and steam for one hour. Serve with spice sauce No. 116.

No. 122. INDIAN PUDDING.

Take one and a half teacupfuls of corn meal, half cupful of flour, half cupful of syrup, one-third teaspoonful of salt and mix together, and pour 1 quart of boiling milk on it. Stir once in a while for half an hour, and bake in a well buttered pudding dish for two hours, in a moderate oven. Serve with sauce No. 118, substituting wine for brandy.

No. 123. COTTAGE PUDDING.

Sift 1 pint flour with one and a half teaspoonfuls Dr. Blood's baking powder, beat together 2 eggs, and 1 cup sugar, to which add 2 cups cream, and 1 pinch salt; mix whole into a smooth batter, and bake in well buttered pan for 30 minutes in good hot oven, serve with Brandy Sauce No. 118.

No. 124. RICE PUDDING.

Boil 1 cup rice in 1 pint milk until tender, and then remove from fire; beat together 4 eggs, 1 cup sugar, 1 pint milk, 1 pinch salt, and 1 tablespoonful butter; add to the rice, and mix whole together; bake 30 minutes in steady oven, and when ready serve with Brandy Sauce No. 118.

No. 125. ANOTHER EXCELLENT RICE PUDDING.

Take one-third cupful of rice, three-quarters of a pint of milk, 4 apples pared, cored, and stewed, 4 eggs and one-eighth cupful of sugar. Let the rice boil in the milk until reduced to a pulp, and then mix it well with the apple sauce and sugar for fifteen minutes; let it cool, then mix in the whites of the 4 eggs whipped to a froth, butter the mould and pour in pudding; steam for 25 minutes in a saucepan set in hot water half up its side. Let it stand five minutes and it is ready for use.

No. 126. PLUM PUDDING, [English Style.]

Take 2 cupfuls each raisins and currants, 2 cupfuls suet, chopped very fine, 2 cupfuls blanched almonds, half cupful each

citron, orange, and lemon peel, chopped fine, 1 cupful sugar, 8 eggs, half cupful cream, 1 gill each of brandy and wine, and 1 tablespoonful extract nutmeg, and mix together in large bowl; sift together 2 cupfuls flour, 2 cupfuls grated English Egg Muffins, (No. 24) 1 large pinch salt, and 1 teaspoonful Dr. Blood's baking powder; add to the fruit, and mix whole well together; steam in well buttered mould, set in saucepan of boiling water covering half the sides of mould, for about 5 hours. When ready carefully turn out in dish, serve with the following:

No. 127. ENGLISH WINE SAUCE.

Slowly boil half pint of wine, to which add the yolks of 4 eggs and 1 cupful of sugar Whip, while on the fire to a high froth, and then use as directed.

No. 128. PLUM PUDDING [Yankee Style.]

Take 2 cupfuls of flour, with 1 teaspoonful of Dr. Blood's baking powder, well mixed in it 1 cupful each, grated Vienna rolls, No. 91, one cupful each very finely chopped suet, raisins, currants and coffee sugar, half cupful each of citron, milk and orange marmalade, 4 eggs and one teaspoonful each extract of cloves, nutmeg and cinnamon. Mix the whole well together, and steam in well buttered mould, set in saucepan of boiling water, covering half sides of mould, for three and a half hours. When ready carefully turn out on dish and serve with English wine sauce No. 127.

No. 129. ANOTHER EXCELLENT PLUM PUDDING.

Take two and a half cupfuls of flour well filled, with 1 teaspoonful of Dr. Blood's baking powder, 2 cupfuls of raisins, 1 cupful each currants and suet, finely chopped, half cupful each coffee sugar and finely chopped citron, 1 cupful of milk, 1 teaspoonful each extract of lemon and nutmeg, and 1 glass of white wine. Mix whole into a firm batter, and set in saucepan of boiling water, covering half sides of mould for two and a half hours. Turn out carefully when ready, and serve with

No. 130. HARD SAUCE.

Beat together 1 cupful of sugar, and half cupful butter to a

white cream. Add 1 tablespoonful of brandy, 1 teaspoonful extract of nutmeg and the white of 2 eggs. Beat few minutes longer, and then set on ice until needed.

No. 131. QUEEN ANNE PUDDING.

Rub together 1 cupful of sugar and two-thirds cup of butter to a smooth cream, to which add 3 eggs, 1 at a time, beating a few minutes between each. Sift in 1 large cupful of flour, half teaspoonful Dr. Blood's baking powder, and one small glass of brandy. Mix well together, and steam for one and a half hours in well buttered mould, set in saucepan of boiling water, covering half sides of mould. Carefully turn out when ready, and serve with

No. 132. LEMON SAUCE.

Boil together for fifteen minutes 1 cupful of sugar and 1 of water. Remove from fire, and when a little cool, add 1 tablespoonful of lemon juice and half teaspoonful extract of lemon. Use as directed.

No. 133. "POOR MAN'S" PUDDING.

Take 1 cupful of flour, with 1 teaspoonful of Dr. Blood's baking powder well mixed in it, one half cupful grated corn bread (No. 5) half cupful each, brown sugar, chopped suet, raisins seeded, and currants. Mix whole together with 1 pint of milk and steam for two hours, in well greased mould, set in saucepan of boiling water, covering the sides of half the mould, When ready, carefully turn out on dish, and serve with butter and sugar.

No. 134. TAPIOCA PUDDING.

Soak 1 cupful of tapioca, in 1 quart of water over night. Boil the tapioca in one pint of milk, until tender; then remove from fire, and add one cupful of sugar, 4 eggs and half pint more milk. Mix thoroughly together, and bake for 30 minutes in steady oven.

Serve with brandy sauce (No. 118.)

No. 135. YORKSHIRE PUDDING.

Sift together three-quarter pint of flour, and one and a half

teaspoonfuls of Dr. Blood's baking powder, to which add 3 eggs, beaten in one and a half pints of milk. Also add one pinch of salt, and mix the whole into a moderate batter. Bake in a well greased pan, in hot oven for 25 minutes.

Serve with roast beef.

No. 136. APPLE DUMPLINGS, No. 1.

Prepare Paste 5, (No. 89), roll it out thin and cut into pieces 4 inches square, lay on each piece an apple peeled and cored, with the aperture in apple filled with sugar, fold the four corners of the paste over the apple and fasten it; sprinkle plentifully with sugar, and bake on a tin for 25 minutes in a hot oven, serve with Hard Sauce, (No. 130).

No. 137. APPLE DUMPLINGS, No. 2.

Line 6 cups, well greased, with Paste 2, (No. 86), rolled thin; peel, core, and slice six apples, and fill the cups with them, sprinkle 1 cupful of sugar over the six, cover each with more paste, and steam for forty-five minutes in shallow pan, with boiling water covering half of the cups; when ready turn out on dish, sift with sugar, and serve with Spice Sauce, (No. 116.)

No. 138. PEACH DUMPLINGS.

Prepare as directed for Apple Dumplings, (No. 2.)

No. 139. HUCKLEBERRY DUMPLINGS.

Prepare as directed for Apple Dumplings, (No. 2.)

No. 140. STRAWBERRY DUMPLINGS.

Prepare as directed for Apple Dumplings, (No. 2.)

No. 141. COMMON BATTER.

Sift together 1 cupful flour, half teaspoonful Dr. Blood's baking powder, and 1 pinch salt; add two eggs, well beaten, 1 cupful milk, 1 tablespoonful sweet oil, and mix whole into a batter as for griddle cakes and use as directed.

No. 142. APPLE FRITTERS.

Peel, core, and cut in quarters, 4 large apples, and put in

bowl; to which add half gill wine, 1 teaspoonful extract nutmeg and two teaspoonfuls sugar, cover bowl and set aside, for two hours to steep; then dip each piece apple in Common Batter, (No. 141) and fry in plenty of hot lard to a light brown, serve with sugar.

No. 143. POTATO FRITTERS.

Boil 3 large potatoes, and rub them through a sieve, adding two tablespoonfuls each flour, butter, and sugar, and the yelks of 3 eggs; when nearly cold, mix in thoroughly the whites of the 3 eggs whipped to a dry froth; drop in tablespoonfuls in plenty of hot lard, and fry to a light brown color; serve with sugar.

No. 144. DR. BLOOD'S BAKING POWDER FRITTERS.

Sift together one and a half cupfuls flour, and 1 tablespoonful Dr. Blood's baking powder; rub two-third cupfuls each of butter and sugar to a light cream, adding 3 eggs, 1 at a time, beating a few minutes between each; add half cupful cream, and 1 glass each of brandy and apple marmalade; mix whole into a firm batter, and fry in hot lard about eight minutes, dropping the batter in tablespoonfuls; when thoroughly done, roll in sugar and serve with Brandy Sauce, (No. 118.)

No. 145. VICTORIA FRITTERS.

Boil 1 pint of water to which add two tablespoonfuls butter and one teaspoonful salt; then stir in, for four or five minutes, one pint flour; remove from fire and beat in four eggs, one at a time, beating a few minutes between each; fry in pieces size of small egg, in plenty of hot lard; test before taking up, if hollow in centre they are ready; serve with sugar.

No. 146. CUSTARD FRITTERS.

Beat together half a cupful of sugar, half a pint of milk, one gill cream, and five eggs; strain in bowl, and steam gently about twenty minutes, in saucepan of boiling water, covering half the sides of bowl; when cold, cut in pieces about one and a half inches square; dip in Common Batter, (No. 141), and fry in plenty of hot lard; serve with sugar.

No. 147. OYSTER PLANT FRITTERS.

Scrape one bunch of oyster plant, and as done, put them into weak vinegar and water; then boil them in salted water for half an hour, adding three or four sprigs parsley; when cold, cut into two or three strips, dip in Common Batter, (No. 141,) and fry in hot lard.

No. 148. RICE FRITTERS.

Boil one cupful rice in one pint milk, until the rice is soft and the milk absorbed; remove from fire; add one tablespoonful sugar, two tablespoonfuls butter, and the yolks of three eggs, whip the whites to a froth and and when cold; fry in spoonfuls in plenty hot lard, and serve with Hard Sauce, (No. 130.)

No. 149. ORANGE FRITTERS.

Peel and quarter four or five oranges, carefully removing the white pith; dip each piece into Common Batter, (No. 141,) and fry to a light brown in plenty hot lard; serve with powdered sugar.

No 150. ENGLISH PAN CAKE.

Sift together one cupful flour, one teaspoonful Dr. Blood's baking powder, and one pinch salt; add to it two eggs and one tablespoonful sugar, well beaten in one pint milk and one cupful cream; mix whole into a thin batter; melt a little butter in a small frying pan, and pour in half cup batter; fry over a sharp fire, and brown on both sides; when done butter each, roll up and serve with powdered sugar.

No. 151. BEEFSTEAK PUDDING.

Line a well buttered pudding dish with Paste 2, (No. 86), and wet the edges; cut two and a half pounds of steak in small pieces, and place a layer in the dish; chop very fine one onion and four or five sprigs parsely, and mix on a plate with one teaspoonful each celery salt and thyme, and a little white pepper and salt to suit the taste; sprinkle this over the layer of beef; then place another layer of beef, another of the seasoning, and so on till all is used; and fill up with cold water, cover with paste, and steam for two and a half hours in saucepan of

boiling water, covering two-thirds sides of dish. When done carefully turn out on dish, and pour over it any gravy desired when it is ready to serve.

No. 152. BEEF STEAK PIE, No. 1.

Take 2 pounds round steak and one veal kidney, and proceed as for beefsteak pudding (No. 151) using paste 5 (No. 89) lining the edge of the dish only. When the pie is covered; wash it over with milk, and bake one and a half hours, in a moderate oven.

No. 153. BEEFSTEAK PIE WITH OYSTERS.

Prepare as for pie one (No. 152) adding twenty-five oysters with their liquor.

No. 154. MUTTON PIE.

Prepare as for beefsteak pie one (152) using mutton cutlets instead of beef.

No. 155. CHICKEN PIE [Queen's Style.]

Cut the chicken into small joints, and stew gently, with half pound salt pork (cut fine) in half pint of water, until nearly cooked. Mix together half teaspoonful each celery salt and thyme, with pepper and salt to suit taste.

Line edge of pudding dish with paste 5 (No. 89) place in it layer of chicken, pork and seasoning. Sprinkle with three or four sprigs chopped parsley; fill with the gravy. Cover with paste, washing same with milk, and bake for forty minutes in a steady oven.

Piles or Hemorrhoids.

A radical cure for Piles, by a perfectly safe and painless process. No fee required until a positive cure is made.

There are two classes of Piles: the external and internal. There are two types of external—the cutaneous and the varicose; and four varieties of the internal—the venous, the capillary, the arterial and fibro-elastic. No matter of how long standing or how aggravated the case, we make a rapid and radical cure, without knife or ligature, and positively without suffering.

To show my confidence and good faith, I require no payment until the cure is perfectly established.

Dr. Blood's new remedy for

Chills and Fever.

No quinine, nauseous draughts, or poisonous mixture, but a pleasant, harmless medicine, that makes a sure cure in from one to ten days. No fee until cured.

Dr. Blood's Tape Worm Remedy

Can be sent by Express to any address and can be applied by the patient himself. Worm, with head, can be removed in from two to four hours.

INDEX.

A.

PAGE.

A Banquet of Disease. 82
Are we a Nation of Nose Blowers..... 86
A sure cure for Cholera and Cholera Morbus.. 95
Acute Bronchitis..... 125
Asthma..... 157
A Tropical Climate for Consumptives, a Snare and a Delusion..... 173
An Excellent Remedy for Diphtheria... 190
A few reasons why the so-called "Regular Physicians" should not put on airs 285
A cure for Ring-Worm, Tetter, and Scald Head..... 346
A cure for Salt Rheum..... 347
A remedy for Skin Diseases..... 347
A remedy for Felons 349
A Waterproof Covering for Wounds.... 352
Artificial Covering for Cuts 352
A cure for Burns and Scalds.. 353
A preparation of Cotton for Staunching Hemorrhage..... 354
A remedy for Rheumatism..... 357
A cure for Neuralgia 358
A simple remedy for Weak Back..... 357
A good Nerve Tincture. 359
A remedy for Nervous Headache..... 359
An excellent Nerve Mixture..... 359
A remedy for Coughs. 361
A remedy for Whooping Cough..... 364
A good remedy for Diphtheria 365
A specific for Diarrhœa,..... 365
A good Liver Remedy..... 366
A remedy for Vomiting in Pregnancy... 368
A remedy for Acidity of Stomach..... 369
A cure for Dropsy in Scarlatina..... 370
A remedy for Shortness of Breath..... 371
A remedy for Scrofula..... 372
A cure for Night Sweats..... 374
A lotion for Black Eye 374
A lotion for Inflamed Eyes 375
A remedy for Chilblains..... 377
An excellent Pain Destroyer..... 378
An excellent way of taking Senna..... 380

PAGE.

A remedy for Obstructed Menstruation. 380
A remedy for diseases in the Kidneys... 381
A remedy for Irritable Bladder..... 381
A good salve for wounds..... 384
A recipe for Camphor Ointment..... 384
A lotion for Burns..... 386
A wash of Muriate of Ammonia..... 386
A lotion for Disinfecting..... 387
An external Liniment..... 388
A good Liniment..... 390
An excellent Horse Liniment..... 391
An excellent Gargle..... 400
An excellent Counterirritant 398
A good Cough Syrup..... 402
A Stimulating Fomentation..... 414

B.

Bathing.. 10
Bronchitis and Asthma..... 191
Brights Disease..... 222
Bathing..... 317
Broths and Soups..... 330
Borax Cerate..... 381
Belladonna Ointment..... 385
Balsam of Copabia..... 412
Balsam for Coughs..... 413
Bitter Wine of Iron..... 426
Blackberry Syrup..... 427
Blood Purifier..... 415

C.

Communicable Disease 57
Cooked Air..... 74
Constipation and Liver Disease..... 76
Catarrh..... 104
Catarrh in the Throat and Lungs. 105
Consumption..... 106
Cancer..... 111
Cold in the Head, Catarrh, Consumption 116
Chronic Laryngytis or Clergyman's Sore Throat..... 123
Chronic Bronchitis..... 127
Consumption..... 125
Complications with Consumption..... 147

PAGE.

Curability of Consumption..... 150
Consumption is Contagious..... 284
Cold Effusions..... 341
Clysters or Injections..... 342
Carthartics or Purgatives..... 343
Cure for Night Sweats..... 374
Cure for Cataract..... 375
Cure for Earache..... 375
Cure for Temporary Deafness..... 376
Corn remedy..... 376
Cure for Itching Feet from Frost Bites. 377
Cure for offensive breath from Onions.. 378
Cure for Hydrophobia..... 379
Cure for Dry Tetter..... 380
Copabia Mixture..... 407
Columbo Tonic..... 419
Camphor Water..... 424

D.

Death by Nature..... 7
Disease from Foods..... 23
Disease from Errors of Dress..... 27
Disease from Impurity of Air..... 34
Diseases Incident to Infancy and Childhood..... 48
Diseases of the Kidneys..... 58
Diseases of Men..... 63
Deafness..... 69
Diseases of Men..... 72
Dizziness of the Head—Vertigo..... 73
Dyspepsia..... 79
Death in the Refrigerator..... 91
Dyspepsia..... 107
Diseases of the Hair..... 115
Diseases of the Digestive Organs..... 177
Directions for applying Dr. Blood's remedies..... 190
Diseases of the Throat..... 191
Diseases of the Kidneys and Urinary Organs..... 192
Diet..... 206
Diseases of the Human Body and the Homœopathic remedies used for their treatment..... 206
Directions for applying Homœopathic remedies..... 212
Directions for using Liquids and Powders..... 219
Directions for using Globules or Pellets. 220
Drugs *vs.* Homœopathy..... 269
Doctor, do not Kill our Baby..... 371
Doctors and Demons..... 274
Dr. Tanner's opinion of Doctors..... 309
Disinfectants..... 321

PAGE.

Diuretic Specific..... 406
Dr. Blood's Aromatic Elixir..... 417
Disease of the Kidneys..... 407

E.

Economy in Food..... 61
Economy in Nature..... 282
Eye Washes..... 323
Eruptions of the Skin..... 347

F.

Female Diseases..... 60
Fevers..... 113
Fever and Ague..... 192
Fever..... 193
Fluid Extracts..... 222
False Prejudices..... 224
Fomentations..... 319

G.

Gargles..... 322
Gonorrhœa Injection..... 360

H.

How to avoid Colds..... 43
How to Feed and Nurse Children..... 44
Hemorrhoids or Piles..... 65
Headaches..... 73
Hints for Sudden Emergencies..... 94
Hemorrhoids or Piles..... 193
How to take Homœopathic Medicine..... 205
Homœopathic Medicines..... 212
Hemorrhoids or Piles..... 244
How to cure Bed Sores..... 348
How to cure the Itch..... 346
How to treat Ulcers..... 348
How to treat Ulcers of the Mouth..... 349
How to make Mercurial Lotions..... 387
How to cure Stiff Neck..... 368
How to cure Sick Headache..... 368
How to prevent Scarlet Fever..... 373
How to treat the Measles..... 373
How to destroy the Taste of Castor Oil.. 376

I.

Introductory..... 3
Ice..... 19
Influence of the Passions in inducing Disease..... 29
Intermarriage of Disease..... 55
Impotency..... 65
Infantile Consumption..... 140
Is a Flesh Diet productive of Brute Force..... 253
Is Medicine a Science..... 297

J.

PAGE.

Jellies for Invalids 334

L.

Light and Digestion 21
Lame Back 66
Loss of Vital Power 73
Liver Diseases 108
Leucorrhœa 114
Latent Consumption 138
Liniment for Bruises 389
Lotion for Specks in the Eye 374
Lotion for Weak Eyes 374

M.

Man mostly Water 19
Marriage 54
Malarial Poison 88
Mites and Ticks 90
Medicines employed by the Eclectics 220
Midwifery 226
Marriage 247
Medical Science Illustrated 265
Mrs. Smith 272
Mr. Jones 273
Matrimony 278
Mixture for Diarrhœa 367

N.

Nursing 11
Noises in the Bowels 60
Neuralgia 68
Nervous Diseases 70
Nervousness or Hypochondria 70
Night Sweats 174
Nutritious and Soothing Drinks 324

O.

Old Age comes Creeping on 41
One or two reasons why Female Physicians should supersede Males in the Treatment of Women 259
One great duty Parents owe to Children. 254
Offensive Breath 84
Ointment for Wounds 381
Ointment of Carbolic Acid 385
Ointment for Sore Breasts 384

P.

Poor Young Man 71
Parasitic Diseases 93
Practical Applications 97
Pork Disease 112

PAGE.

Pathology of Consumption 145
Popular Modes of treating Consumption. 150
Poisons and Poisoning 185
People should not Sleep together 245
Physicians a Curse to Consumptives 266
Poultices 337
Pile Salve 382
Plasters for Pains 396
Plaster, Mustard 397
Plaster for Cancer 397

R.

Reader, Wash your Feet 41
Rheumatism and Neuralgia 67
Rheumatism 67
Rheumatism and Neuralgia 193
Rules for the Sick Room 316
Remedy for Bad Breath 376
Remedy for Toothache 378
Remedy for Spitting Blood 355
Remedy for Dysentery 365
Remedy for Dropsy 366

S.

Sunlight 9
Seminal Weakness 64
Secret Vices 64
Skin Diseases 109
Scrofula 110
Symptoms of Consumption 130
Sub-acute Phthisis 143
Scrofula, Syphilis and Blood Poisioning. 192
Something About Yourself 275
Something worth Remembering 276
Suicide and Insanity 282
Sulphur Wash for Roughness 430

T.

To Epicures and Eaters of *Dead* Bodies. 12
The Skin 14
The Pulse 20
The Hair 39
The Teeth 40
The Eye 69
The Pores of the Skin 85
Trichine 90
To Invalids 95
Tape Worm 114
Tape Worm 193
The Human Stomach 243
To Invalids 244
The Slave to Tobacco 247

PAGE.

The familiar association of Boys and Girls conducive to refinement and morality 250
The filth of Tobacco 280
The Temperaments 283
The Old School *vs.* Dr. Blood 310
The Early History of a Boy I Knew 312
Treatment for Spasms 360
Treatment for Croup 363
Treatment for Nocturnal Emissions 369
Treatment for Scarlet Fever 370
To cure Chapped Hands 376
To cure Blistered Feet 377

V.

Vermin on the Body and Head 19
Varnish for Eruptions of the Skin 347
Vermifuge or Worm Mixture 366

W.

Women's Headaches 175
Where are our Reformers 246
Was Horace Greely Dragged to a Mad house when he was dying? 270
Wine of Iron and Beef 425
Water, Lime 423
Water, Tar 424
Water, Peppermint 424

COLOGNES AND PERFUMES.

Water, Lavender 431
Water, Cologne 431
Water, Orange-flower 432
Water, Millefleur 432
Musk, Essence of 432
Boquet, Eau de 432
Royal, Essence of 433
Ambergris, Essence of 433
Flowers, How to Extract Essence 433
Roses, Otto of 434
Patchouli, Essence of 434
Musk-Seed, Essence of 434
Lavender, Essence of 434
Perfumes, Simple 435
Bay Rum 435
Musk, Tincture of 436
Water, Florida 436
Heliotrope Perfume 436
Vanilla, Tincture of 435
Cardamons, Tincture of 437

COSMETICS.

PAGE.

Cosmetic Cream for the Complexion 437
Freckle Cosmetic 438
Cold Cream 438
Glycerine Lotion for the Skin 438
Glycerine, How to Make 439
Lotion for the Face 439
Red Lip Salve 439
Almond Paste, How to Make 440
Mecca Balsam 440
Cold Cream Glycerine 440
Lotion to Remove Freckles 440
Wash, Iodine 441
Glycerine, Toilet Use 441
Camphor Ice, How to Make 441
Cacao Pomade 442
Cream for the Lips 442
Sore Gums and Nipple Wash 442
Skin Cosmetics 442
Cheeks and Lips Rouge 443
Lip Salve 443
Freckles, How to Remove 443
Powder for the Face 444
Borax Lotion for Chaps and Sunburns 444
Blanced Almond Lotion for the Face 444

HAIR OILS, POMADES, HAIR DYES, HAIR TONICS, TOOTH POWDERS, WASHES, &c.

Oils, for the Hair 444
Pomade 445
Plain Pomade 445
Purify Fat 445
Philocome, How to Make 446
Vanilla Pomade 446
Citronella Pomade 446
Some Remarks about Using Hair Colorings 447
Dye for Blonde Hair 447
Dye for Flaxen Hair 447
To Color the Hair 448
Bran for the Hair 448
Powder for Blonde Hair 448
Sachet Powders, How to Make 449
Hair Restorer 449
Dye for Black Hair 449
Dye for Flaxen Hair 447
To Color the Hair 448
Curling Fluid 450
To Darken the Hair 450
Gloss for the Hair 451
Bandoline for the Hair 451
To Clean the Hair or Scalp 451

PAGE.

Violet Powder, How to Make 451
Dr. Blood's Hair Tonic..... 451
Shampooing Liquid..... 452
Wash for Moist Lax Hair..... 452
Treatment for Dry Stubborn Hair..... 452
Wash for the Teeth..... 453
Wash to Heal the Gums..... 453
Tooth Paste, How to Make..... 453
Wash for the Teeth and Gums..... 454

VARNISHES AND POLISHES.

From page 454 to 459.

GLUES AND CEMENTS.

From page 459 to 467.

METHODS OF CLEANING SILVER.

From page 467 to 469.

RECIPES FOR THE FLOWER GARDEN AND FIELD.

From page 469 to 474.

MISCELLANEOUS RECIPES.

Home-made Wines, How to Make..... 475
Blackberry Wine..... 475
Cider Wine..... 475
Grape Wine..... 475
White Wine..... 476
Table Mustard..... 476
About Preparing Catsup..... 477
Cheap Vinegar, How to Make..... 477
Weak Vinegar, How to Strengthen..... 477
Raspberry Vinegar..... 478
Pickles..... 478
To Remove Resin Spots from Silk . . 478
To Remove Varnish, Pitch, or Oil Paint Stains..... 478
To Remove Grease Spots..... 478
Iron Stains, How to Remove..... 479

PAGE.

Grease from Silk or Velvet, How to Remove..... 479
How Varnish can be removed from Oil Paintings..... 479
Excellent way of cleaning Oil Paintings 479
Stains from Mourning Dresses and Black Crape removed..... 480
How to Stiffen Silk..... 480
To Take Out Mildew..... 480
A Good Process of Washing Red Flannel..... 480
A Valuable Recipe for Cleaning Silks... 480
To take out Old Blood Stains..... 481
To protect Kid Gloves 481
How to Preserve Carpets..... 481
Sharpening a Razor..... 481
To Renovate Woolen Cloths..... 481
To take Grease from Ribbons..... 481
To Bleach Straw Bonnets..... 482
Fragrant Disinfectant..... 482
Good Disinfectant..... 482
Chloride of Lime as a Disinfectant..... 482
How to Disinfect Slaughter-houses and Stables..... 482
To make a good Family Soap..... 482
A good Washing Compound..... 483
How to Can Fresh Fruit 483
To Can Peaches with Cold Water..... 482
How to Preserve Fresh Fruit..... 484
Recipe for making Fermented Yeast..... 484
To make Yeast without Fermenting..... 484
How to impart a Fine Flavor to Teas... 484
To make Tea Yield Double its Amount of Strength 480
To Destroy Red Ants and Cockroaches. 485
To Catch Rats and Mice 485
How to Kill Bed Bugs..... 485
Bed Bug Poison..... 485
Charcoal as an Antiseptic..... 585
How to Preserve Eggs 485
How to Restore Rancid Butter..... 486
Superior Smelling Salts..... 486
To Purify Water..... 486
Recipe for Making Mould Candles..... 486

DR. BLOOD'S

COOKING FORMULAS.

	PAGE.		PAGE.
Dr. Blood's Baking Powder	489	English Muffins	494
Rye Bread	490	Yankee Muffins	494
Boston Brown Bread	490	French Muffins	495
Oat Meal Bread	490	Swiss Muffins	495
Rice Bread	490	English Egg Muffins	495
Corn Bread	490	Oat Meal Muffins	495
Graham Bread	491	Rice Muffins	496
Royal Apple Bread	491	Soft Waffles	496
Graham Rolls	491	Griddle Cakes	497
Vienna Rolls	491	Corn Starch Crackers	498
French Rolls	492	Fifth Avenue Cake	498
Oat Meal Rolls	492	Cakes	499
Breakfast Rolls	492	Cocoanut Meringue	500
Tea Biscuits	492	Nut Jumbles	505
Rusks	493	Cakes	506
Sugar Biscuits	493	Pies	513
London Crumpets	493	Puddings	516
Sally Lunns	493	Dumplings	521
New England Johnny Cake	494	Fritters	522
Clarendon Biscuit	494	Beef Steak Pie	524

NATIONAL LIBRARY OF MEDICINE
Health, Education, and Welfare, Public Health Service
Bethesda, Md. U.S. Department of

BOUND BY HNM
MAR 3 0 1966

NATIONAL LIBRARY OF MEDICINE

NLM 00102253 8